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Soul Integration

Sal Rachele

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Cover art: "New Eyes" by Vesna Dharma, copyright 2013

eISBN: 978-1-62233-809-21

Print Edition ISBN: 978-0-578-12271-7

Printed in the United States of America by: BooksJustBooks.com

51 East 42nd Street, Suite 1202, New York, NY 10017

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About the Book

You have heard about the new Golden Age on Earth. However, this does not just happen. It is up to each one of us to make it happen, by healing and transforming our lives through Soul Integration. Soul Integration is about aligning all parts of ourselves into a cohesive whole. We then become all-powerful, all-wise and all-loving. We then fulfill the promises of the mystics and seers of all ages. This book shows you step by step how to access this all-powerful self. Topics include healing the six lower bodies, transcending karma, contacting your soul family in the higher realms, how to reach enlightenment, and how to bring enlightenment down to Earth.

About the Author

Sal Rachele is a pioneer in the human potential field. In the mid-1970s, he became interested in developing his psychic and intuitive abilities and took Silva Mind Control training. Sal later developed his own unique method called Alpha-Theta Programming, which is designed to reprogram the subconscious mind and unlock the creative potential within.

Sal became involved in Leonard Orr's Rebirthing and Jim Leonard's Integrative Rebirthing, a yoga of breath and conscious purification. In the 1980s, he did extensive work combining guided meditations, original piano music, and psychic counseling in his work. He recorded several cassettes and one CD of his original New Age classical melodies. He worked with a hypnotherapist in the 1980s to create the Leonard Series of self-hypnosis and self-improvement cassettes.

In 1994 he published his first book, *Life on the Cutting Edge*, a self-help manual with extensive illustrations, diagrams, and charts. Numerous projects later, he became aware of his connection to Leah, a sixth-density Venusian, and the Arcturians, a collective consciousness from seventh-density Arcturus, and began consciously channeling information from these entities. In 2004 he began developing a type of healing based on the sacred sound current, or Naam, and he was given guidance on creating initiations based on this work.

Most recently, Sal has been guided to help souls heal their past, parallel, and future timelines through a cosmic reframing process involving the merging of the conscious self with the God presence. Sal lives in northeastern Arizona but travels extensively around the American Southwest and West Coast. He is developing a forty-acre ranch that is off the grid and has partially constructed a 40-foot geodesic dome for future workshops and retreats.

Other Books by Sal Rachele

Earth Awakens: Prophecy 2012–2030
Earth Changes and Beyond: Messages from the Founders
The Mystery of Time
The Real History of Earth
Life on the Cutting Edge

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Foreword

This is my fourth book, and the third written in conjunction with my spirit guides. Unlike the previous two books, which involved only “the Founders,” this one utilizes the wisdom and energy of several additional beings I am regularly in contact with.

For those of you who are unaware of my previous books, I work with several groups of spiritual beings that come from many different levels of consciousness, ranging from what I call sixth to twelfth densities.

These spirit guides include my twin flame, Leah, in sixth density; the Arcturians, a group soul complex from the seventh density; Lord Sananda from eighth density; Isis, Thoth, Enoch, Archangel Michael and a few others from eighth and ninth densities; and the Founders, from twelfth density.

My second and third books were written as a collaboration between me and the Founders, using a form called “telepathic transmission.” This is similar to conscious channeling, except that only a tiny part of the energy of my spirit guides comes through. This is because my physical body is unable to contain more than a small percentage of their energy fields.

Before we get too far into the subject matter, let me explain a little more about the realms of spirit and the guides with whom I work.

Although there is no hierarchy, as we know it, within the higher spiritual dimensions, there are specific tasks performed by individual and group souls. For example, my personal spirit guide, Leah, specializes in human relationships and everyday issues of life on Earth, while my spirit guides, the Arcturians, are more focused on science and higher dimensional geometries. The Founders are primarily concerned with soul evolution. They oversee the progress of souls on many different worlds throughout the universe.

In the higher realms, time and space are vastly different than they are on Earth. You could think of all these various beings in their different levels and dimensions as one big happy family. Since they no longer believe in separation from God, they feel a Oneness that goes beyond anything we have been able to feel here on Earth up to the present time.

This book covers a vast array of subjects pertinent to the evolution of the soul and, therefore, makes use of many of my regular companions from the various realms of spirit.

If this is your first exposure to my work, welcome. One of the characteristics of my books is that each one stands alone, with a complete body of knowledge. However, for maximum benefit and ease of understanding, I suggest reading “*Life On the Cutting Edge*,” “*Earth Changes and 2012*,” and “*Earth Awakens: Prophecy 2012 — 2030*” in order to get an in-depth perspective on many of the topics given in this book. Although such advice obviously benefits me financially, that is not the reason for the suggestion. Rather, it is to avoid having to explain in great detail the same topics over and over again.

In “*Life On the Cutting Edge*,” I describe the levels of awareness and give specific personal growth techniques pertinent to each level. The book includes diagrams and charts related to the subject matter.

In “*Earth Changes and 2012*,” I go into depth on the real history of the Earth, which is at odds with the propaganda foisted on humanity by the various governmental school systems and mainstream science of the world. Although there are genuine scientific minds currently uncovering many of the truths spoken of herein, the establishment mentality often ridicules these scientists and withdraws funding if researchers stray too far from the party line.

In “*Earth Awakens: Prophecy 2012 — 2030*,” I explore new visions for the planet, including intentional spiritual communities and new technologies.

In all the books, my guides and I discuss the influence of extraterrestrial races and their roles throughout the long history of humanity. Contrary to the party line, human beings have been on Earth for the better part of ten million years. We are a combination of evolution, genetic experimentation by various star races, and spirituality infused into physical form. This has never been adequately explained due to the paradoxes present at different levels of perception. A paradox involves truths that are only apparent at certain levels and dimensions. If you try to view truth from only one level, you will find contradictions and conflicts because any given viewpoint is being impinged upon by many different levels of energetic vibrations and frequencies. Time is a paradox. On a higher, nonlinear level of awareness, it is irrelevant, unnecessary and inconsequential. From this perspective, there is no time at all, or you could say there is an infinite amount of time. Expressions such as “Everything is always in perfect Divine timing,” arise from this perception. Yet we also live in a linear world that is changing rapidly, and within this world of time and space, there is an urgency. The sooner we wake up to the higher truth of our One Being, the easier it will be to make the transition from a world of death and destruction to one of enlightenment and beauty.

From a third-dimensional, down-to-Earth perspective, humanity is rapidly running out of time to solve its problems. Unless you have just dropped in to the planet from a far distant realm, you are already aware of this fact. I do not need to spend a lot of time discussing the effects of pollution, war, climate change, corrupt governments, greed, selfishness, oppression, control, manipulation, propaganda, etc. Nor am I going to discuss the immediate need to form enlightened, self-sufficient communities that are not dependent on what is commonly called the “matrix.” These topics have been explored in detail in my previous books.

Also, this latest material is not as concerned with the specific changes occurring in various regions of the Earth. In previous writings, we included instructions on where to move, what to buy, how to invest, and such. That advice is of limited value if you do not do the inner spiritual and psychological work necessary to build the new Golden Age on Earth.

Humanity is already going through the “Shift of the Ages,” which began on December 21, 2012. For some, this date was a disappointment because it did not magically erase all the maladies apparent on Earth. It did, however, bring them into sharper focus and helped trigger the realization that our first priority as a species is healing.

Restoring the self to balance is not simply a matter of meditation, prayer, chanting a mantra, saying an affirmation, or going to a Reiki practitioner. All of these may be helpful, but real healing does not occur until there is soul integration, and that is the topic of this book. While the evolution of the soul was discussed in previous material, sometimes in great detail, a lot of the subjects related to soul integration were omitted because most of humanity was not yet ready to go more deeply into this topic.

We will now explore several ideas that have not been adequately explained in previous literature available on planet Earth. I am not going to go into a deep discussion of the reasons this information has been suppressed or unavailable. Suffice to say that most souls on Earth have not been ready for this material until now.

You can find snippets of information on these topics in a variety of existing publications, including the works of Jane Roberts and Seth, numerous writings by Edgar Cayce, *The Keys of Enoch* by J.J. Hurtak, *A Course In Miracles* (Foundation for Inner Peace), and many other channeled works by various authors.

I encourage you to investigate everything that is said in this book. Correlate it with other material. Do your own research. Do not just believe it because you respect the author or it sounds nice. As always, use discernment. There is far too little discernment being practiced on Earth at the present time.

Prior to the beginning of the shift, which occurred on December 21, 2012, a lot of souls were expecting three days of darkness, or a complete pole reversal, or some cataclysm. This was the result of not enough critical thinking and, in some cases, too much wishful thinking. Many prophecies are motivated by fear. Some are given to add to the sense of urgency. One teacher on Earth recently said, “A failed prophecy is a successful prophecy,” meaning that enough souls were alerted to a potential catastrophe to be able to avoid it.

The world you see is the sum total of all the individual and collective states of consciousness being projected out into it, plus the natural world and cosmic laws reflected in the lower dimensions. If most of the world is in a fear-based consciousness, then the predominant reality of the world ahead will be one of fear. At the same time, it takes only one enlightened being to change the world. Truth is far more potent than illusions, even if false perceptions are believed by a great number of people.

For example, if all of humanity were afraid of eclipses and believed them to be bad omens, this would not change the reality of eclipses or the fact that the sun and moon are not too concerned with what humanity is thinking about them. They are just being the sun and moon, and are interacting according to cosmic law.

It is important to keep coming back to the truth that we are powerful, creative spiritual beings, utilizing only a tiny fraction of our potential. This book will help us understand the nature of our infinitely powerful True Being, our souls and Spirit, and will answer many questions regarding the nature of our true essence.

One note on conventions: Words that are capitalized generally refer to universal ideas that are common to all of us. For example, we are individual souls living as One Being. This capitalized term means that we are all expressions of the universal nature. Another example is the use of the word “self.” If we are referring to the individual self, or ego, of a person, we do not capitalize, but if we are referring to the Higher Self, or larger perspective, we do capitalize.

I encourage you to read and reread as many times as necessary each paragraph and chapter until the ideas and concepts are firmly integrated within your consciousness.

A word on the difference between soul and spirit. “Soul” refers to a specific manifestation of Divinity, while “Spirit” is a generic term for the intelligent energy of the universe. When referring to souls who are not on Earth, or soul fragments and discarnate entities, we sometimes use the word “spirit” as a catch-all phrase. If Spirit is capitalized, it refers to the greater intelligence and energy of God.

Thank you for being willing to take this journey with me into the depths of our One Being.

Blessings,

A handwritten signature in black ink, reading "Sal Rachele". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Sal Rachele,
April 2013

Introduction

Greetings, beloveds, this is the Higher Self of Sal speaking. In this book, you will be hearing from different sets of spirit guides, each with their own unique and individual vibration. Often, they will speak as a collective, or group soul complex, using the terms “we” and “us.”

This introduction will summarize the journey we are taking together, and hopefully begin to prepare you a little bit for what lies ahead in the following chapters.

In Chapter 1, we will examine the evolution of the soul and define its various characteristics, as well as several of its milestones along the evolutionary path. We will review the origins of the soul and what it experienced back in the beginning of its evolution. If you have been involved in spiritual studies for some time, you know that there was a “fall from grace” or original imprint associated with the first descent into matter that took place a long time ago. In Chapter 1, we intend to shed some new light on that experience.

In Chapter 2, we will take a look at the various types of relationships formed by souls with one another, on Earth and in other realms and dimensions. One of the fastest ways to soul growth is through interactions with others. Although there may be a time and place on the path for solitude and even isolation, ultimately all souls must experience the forms of relationship described herein. It is hoped that Chapter 2 will help those of you who seem to be struggling with your Earthly relationships. If you find yourself repeating the same patterns time and time again, or attracting the same kinds of dysfunctional relationships — same issues, different person — then this information should be helpful.

In Chapter 3, we will go into detail on the nature of soul fragmentation, including why it occurs and how to resolve it. This material may be a bit difficult to understand, so we will go slowly and use lots of analogies and examples.

The Christian Bible states that we can “move mountains through our faith.” We would rephrase that as follows: “We can experience our unlimited Higher Self when all the parts of our Being are in alignment.”

In this case, we are being asked to do more than trust blindly in a higher power. Attaining spiritual mastery and reclaiming our true power can only happen when we have complete soul integration. This means that all of the levels of the lower self are working together to unite with the Higher Self. Higher Self is a collective term that actually refers to the six higher levels of the Self, which will be described in Chapter 1.

Chapter 3 will also illustrate the various ways our souls go out of alignment. As we learn to recognize where we are fragmented, we are then able to take the steps given in the next chapter.

Chapter 4 will explore the many healing modalities, exercises and processes that can help restore soul integration. You will find, as you integrate more and more pieces of your soul, that you finally begin to experience the “faith that moves mountains.” You will once again be able to do the things you could do during your time in the Garden of Eden, before experiencing the fall and belief in separation.

In Chapter 5 we will examine the various types and levels of enlightenment, from the eastern philosophical teachings of attaining a “still mind” to the states of rapture and ecstasy experienced by many mystics and avatars. We do not promise to give you an experience of enlightenment, since there are many states of consciousness that cannot be sought and attained directly, but hopefully we will shed some additional light on this topic.

In Chapter 6 we will take a look at how integrated souls function in the world. We will

explore some of the ways that the world economy would be different if the souls conducting business were fully in touch with their Higher Self. Sal's beloved spirit guide, Leah, will give us an enlightened discourse on money and finance.

Finally, there are appendices that further explain some of the ideas given throughout the chapters, as well as a glossary and index for your convenience in better understanding the terms we will be using.

Please be patient and gentle with yourself as you go through this book. Some of the material will likely bring up unresolved emotional issues within you that need healing. This is a cause for celebration. You will learn to welcome all opportunities to clear old emotional and psychological issues.

You have recently been through the portal shift of December 21, 2012. Perhaps you are still wondering what happened. Some part of you feels different, while other parts still seem to be the same as before. You will find a brief explanation of the shift in Appendix A.

There is a lot more change on the horizon, both within you and in the outside world. As you go through this material, allow it to assist you in making sense of the chaos and confusion that appear to be all around you.

This world has been a melting pot of souls from all over the universe. You have enlightened saints and avatars living next door to those who are still stuck in animal consciousness. As you move out of judgment and fear, you will learn to appreciate the variety and contrast apparent on this planet.

Remember that every soul has the gift of free will. This means that no two souls will grow and evolve at exactly the same rate. If you need several months to grasp all the ideas and concepts in this book, then accept that. If you breeze right through it in a couple of days, that's fine as well.

As always, it is our pleasure to speak with you and we look forward to helping you in your journey of awakening.

We are the Higher Self of Sal, and it has been our pleasure to introduce this book to you. Let us now begin our exploration, by looking at the nature of the soul.

Chapter 1

The Journey of the Soul

Greetings, beloveds, this is Leah. Together, the channel and our group of souls from the Galactic Confederation, and our teachers, the Founders, will explore the nature of the soul and its various levels of evolution.

In your scriptures, it states that you were created in the image and likeness of the Creator. It does not go into a lot of detail on what that image and likeness is, or how to realize that you are already fully endowed with the attributes of the Creator. No, beloveds, instead you are set forth on a journey to discover your God Self, that eternal, limitless aspect of Who You Are.

This journey starts by immersing yourself in the lower worlds and slowly awakening to your higher nature. You are given free will, which means you can choose, from a nearly infinite variety of possibilities, those lessons you want to learn. You can take your time, or move quickly, as you desire.

Throughout this journey so far, you have experienced great hardship, suffering, pain and misery. There are many ways to look at these conditions, but the one I would like to impart to you at this time is that of complete self-acceptance. What is done is done. There is no point in continuing to lament the choices you have made. Dear ones, it is best to think of everything you have ever experienced as being part of your soul journey, whether or not you think your choices made the most efficient use of your time or brought you the most joy possible.

If you have delayed your journey countless times with astral distractions, the seeking of pleasure and approval from others, or striving to attain possession of a false idol (replacement for God), ultimately it matters not. Just think of all the distractions along your path as part of your overall soul experience. Your soul is not judging you or your journey. It is what it is. Accept it and move forward from here.

Now, in retrospective, you realize there were choices you did not know about at the time that would have perhaps resulted in greater joy and well-being. However, be grateful that you have come this far on your journey. You are ready to understand at a deeper level what life is all about. You are ready to open your minds and hearts to new ways of perceiving. Now let us introduce our teachers, the Founders, who will explain the nature of the soul in more depth.

I am Leah, always at your service.

The Nature of the Soul

Greetings, dear Creators, we are the Founders. It is our pleasure and privilege to speak with you at this time. We will begin by talking about the qualities and attributes of the soul.

Your soul began as a tiny spark of Divine Light, much like the embryo of your human self, small and seemingly fragile. You emerged from the Godhead, which includes your Father and Mother God. Yes, you could say you are the product of union between the Mother and Father aspects of the Creator.

If it helps you imagine, you can think of yourself as the product of their lovemaking. Of course, from a cosmic perspective, this lovemaking is vastly different than that of human sexuality. Think of two great Lights coming together and merging to form billions of individual

beings.

Your soul began millions of years ago, and in some cases, hundreds of millions of years ago, in Earth time. For aeons, you have been traveling through the cosmos, incarnating in different realms, dimensions and worlds.

Many of you ask, “Where am I from?” Perhaps you feel yourself to be a stranger on this planet and wonder where your home world is. While you might have several places in the universe that you consider “home,” your only true dwelling place is within your own God Self, that part of you that has never left, and will never leave, the Creator.

This is a paradox, because as children of God, you are growing up and learning to become more independent, while at the same time remembering Who You Really Are. In some of your traditions, you think of yourself as merging back into the Godhead, but that would be inaccurate. Children do not climb back inside their mother’s womb once they grow up. Nevertheless, you take on the attributes and similarities of your parents as you get older, and in many cases, assume a similar occupation and lifestyle.

Most of you have reached third, fourth or fifth grade as children of God. We are using your schooling system as an analogy here because it is easy to understand. Interestingly, in many western cultures you have 12 grades to your school system — the first few being called primary or elementary grades, then middle, then secondary or high school.

We and this channel have developed a density scale similar to the 12 grades in a traditional school system. Later in this chapter, we will review these levels and the characteristics and unique qualities that each level represents. For some of you, this will be a review, but there will likely be some new angles and twists on the original idea.

Many of you have just graduated from level three to level four, and a few of you are graduating from level four to level five. Graduation is not easy and seems to take a lot of hard work and study. The current cycle is no exception.

We are observing how well you have done since the Shift of the Ages occurred on December 21, 2012. Our general assessment is “good, but needs improvement.” This is a kind and compassionate statement, not a judgment. Our recommendation to the Godhead has been to give you additional time to work through your negative issues prior to going through the ascension process. Most of you were not ready for a full portal shift in 2012, and so the process has been toned down a bit to give you a chance to go more deeply into the nature of the Self. That is what we intend to do in this opening chapter — explore the depths of your being in order to bring God’s Limitless Light and Compassion into every dark corner and unhealed aspect of your magnificent soul.

We have been asked by this channel to speak of the descent of the soul. He has given many perspectives over the years, but we will add a few more of our own now.

The Original Cause Story

The simple version of emergence from the Godhead is that you came out of the “womb” of your Father/Mother God as seventh density sparks of Light, called souls. A more complex, but equally valid description, is that you stepped out from the Godhead, down to a level 12 Universal God Self, then differentiated into a level 11 Individual God Self, which divided further into a level 10 Christic or Buddhic Self (we are using these terms to denote the Higher Self of the ones known as Jesus of Nazareth and Gautama Siddhartha, although we could have used the term “Great Central Sun” to describe this level of Being). From there, you divided further into a

monad, or level nine being, and then divided into an oversoul, or level eight being, and finally, to the end product, a seventh density soul.

The Descent into Darkness

We are going to go into the nature of the “fall from grace,” as some of your scriptures call it. Unfortunately, the beings who originally communicated this information (which ended up in the major religions on Earth) either did not have a complete understanding of what happened, or in some cases deliberately laid a guilt trip on you in order to control you.

We will recount our experience of what happened during the fall from grace, without any judgment or bias. During the entire process, we remained in the higher realms, observing, without interference, the intensity of your experience.

As level seven beings, you looked out and saw a vast, uncharted realm that we now call the “lower worlds.”

The lower worlds we are referring to are known as level six — the causal plane, level five — the etheric plane, level four — the astral plane, level three — the mental plane (including the ego and personality), level two — the emotional body (including the instincts and sexuality), and level one — the physical body.

Your souls started out as seventh density beings, enjoying the full powers and creativity of beings in that level, and then began having intense experiences of the outer Creation as they dropped their vibration down into levels one through six. The initial experience of venturing forth into the lower cosmos resulted in some very intense contractions of energy and vibration. This is the “Original Cause” that precipitated many of the core negative beliefs that souls still carry from lifetime to lifetime.

Contrary to the tone of many of the scriptural versions of the descent into matter, this was not akin to being kicked out of the Kingdom of Heaven. It was not a criminal sentence passed by a judgmental and angry God. It was simply the way souls experienced the densification into matter inherent with exploration of the outer worlds.

When a human child is born into the world, the experience is often very traumatic. After feeling safe, warm and comfortable for nine months, suddenly there are bright lights, harsh sounds and sensations, and an intense feeling of separation from mother. Multiply this experience millions of times and you begin to get an idea of what you experienced as young souls when you emerged from the Godhead and plunged into the lower worlds.

Most of you were not simply thrust out of the cosmic womb, but had a period of getting to know yourself as seventh density beings of Light. This natural state of unlimited power and creativity has been likened to your “Garden of Eden,” an idyllic state where everything was provided and you lived in a verdant paradise. After perhaps a few million Earth years of living in this paradise, you bravely volunteered to begin exploring the cosmos. Although you were briefed on what to expect, you were not prepared for the intensity of the experience.

Almost all of you still have etheric and causal body imprints from Original Cause. Most of you are still trying to find your way back to the Garden of Eden, and have blamed yourself for the sorrow and misery you have experienced on Earth.

You may be wondering, “If God is all-powerful and all-knowing, then how could He (or She) allow this trauma to happen?”

Unlike the static, unchanging deity portrayed in many paths, God is still growing and evolving, expressing as you and countless other life forms. There is an eternal “paradise” state near the center of the Godhead, which all of you are intimately connected to (although here on

Earth it seems to be far away). As you ventured forth in the beginning, farther and farther toward the periphery of the Creation, you entered the unmanifested realms where anything is possible.

Being given the same creative powers as the Godhead, one of those powers is the ability to create unlike the verdant paradise near the center of Creation. Free will means you can experiment with different energies and experience a wide range of sensations, from ecstasy to terror.

As young and inexperienced creators, you have been given an entire dimension of the universe in which to practice your creative abilities — the astral realms. In fact, the astral planes have been called the “scratch pad of Creation” by some teachers. Unfortunately, many of you have become stuck in the astral realms between physical lifetimes. Souls might take millions of years exploring the outer worlds and astral states before returning to their natural beingness in seventh density. Once you begin ascending out of the lower realms, you eventually get off the wheel of reincarnation. This is called “spiritual ascension.” Now your adventures into the outer Creation become voluntary. You are there to help those that are still stuck in a seemingly endless prison of duality.

As you once again begin venturing forth into dark and dense realities, you become the Lights unto those dark places that have not yet evolved enough to become aware of Divinity. You are doing this every time you reincarnate on worlds such as Earth. If you are reading this, you are most likely returning to help after having spiritually ascended some time ago.

Remembering the Higher Realms

Despite the seemingly endless detours and traps inherent within the lower dimensions, time changes radically as you move back up through the density levels and return to higher consciousness.

The curious thing about the illusion of separation is that once you let go of it, it is as though it never happened at all. The seemingly long, endless hours of frustration, trying to remember how to use your spiritual gifts of clairvoyance and telepathy, attempting to overcome the perception of powerlessness and helplessness, and experiencing heartbreak after heartbreak in your human relationships, all gets rolled up into a little ball of soul experience once you break free of duality. You start to realize that you have just awakened from a very long sleep, and yet only a blink of an eye has gone by from the perspective of the higher realms.

In a few seconds of cosmic time, you fell asleep and dreamed that you were alone, lonely, and separate on a planet of violence, doom and despair, but now you realize you were all the time safely embraced in your Mother/Father God’s loving arms even while you slept and dreamed your nightmare of separation.

Now that you are waking up, you are attracting books such as this one that help bring things into proper perspective. You are being reminded of the larger picture of your life as a soul. Your seemingly endless journey through many worlds and dimensions starts to make sense as you realize the incredible variety of soul experience you have been through, and have yet to explore.

As the channel mentioned earlier, the soul does not judge. It merely experiences and then retains the lessons of that experience. You have just had the experience of falling into separation and feeling the sensations that come with the denial of your True God Self. From a human perspective, this has been terrifying. From a cosmic perspective, it was just a dream of littleness and limitation.

Now that you are waking up, a whole new world of experience is opening up to you. You have started reaching out to other souls who are awakening, and are having various kinds of

relationships with them. Instead of falling into the same traps over and over again, you are making a conscious effort to re-create your relationships to genuinely assist each one of you to grow and evolve. You are no longer wandering, lost and confused, through possessive, jealous, angry connections with each other.

This is not an easy process. If it were easy, the whole human race would have woken up a long time ago. Once you let go of your anger toward God and the world, and simply accept that the fall was a very difficult experience, you break the energetic link to the trauma associated with forgetting your True Self.

Your human mind wants to understand the how and why of this journey into separation. We do not have an adequate answer for your intellect or ego. Instead, we ask you to simply accept that this is what your soul agreed to experience. If it helps, you can think of the ultimate soul lesson as learning to enter a state of consciousness where all the suffering and misery of thousands of years of evolution no longer matters. It is all forgiven. Now we are helping you let go of the deepest layers of sorrow and grief, or what some call the “ancient pain.”

This is a lot to digest, and so we will pause now and allow you to absorb it. We suggest taking a short break before continuing. Perhaps it would be good to meditate and take several deep breaths, feeling whatever is going on in your body right now. Continue to breathe as you become aware of the patterns of Original Cause moving through your Being. Just observe, without judgment, what this energy feels like. If the experience is very intense, just continue to breathe deeply, and gently massage or stroke your body in the places where the energy is the strongest. Send love to your entire body, emotions and mind. Know that you will get through this experience, with the help of your Higher Self, spirit guides and Divine Love.

More on Original Cause and the Descent into Darkness

We have already described briefly what happened when your soul first started exploring the outer worlds. Now it is time to go into this with a bit more depth. If you can heal your Original Cause issues, you will find soul integration work to be much easier and a lot more straightforward. Almost all of the daily habit patterns, addictions, and seemingly hopeless struggles to break out of limitation have their roots in Original Cause.

The belief in separation began as follows: You were used to flying and soaring through limitless time, space and beyond, then suddenly you were confined to a flesh and blood vehicle, totally helpless and dependent upon another for your sustenance. The experience was so intense that it consumed your awareness. All you could think about was the excruciating pain going through your body as you were pushed out of a warm, dark, comfortable place into the harsh, dense reality of the physical world.

Since the original descent into darkness, you have repeated this experience over and over through the process of human birth. Upon the death of the physical body, you have had a brief glimpse of what it was like before the descent. Momentarily, or so it seems, you released the grip of the temporal form and floated in a sea of light before beginning your evaluation of the life just completed.

There are several components to the Original Cause experience that involve the fragmentation of the soul. Think of this as an incomplete experience due to the trauma and intensity of the original imprint. This intensity caused a splitting, or breaking of parts of the soul.

There is a paradox here. The soul cannot really be split, but it can seem that way.

The first level of the fall is what we will simply call the compression of spiritual energy into matter. This is the physiological aspect of the descent. Imagine taking your present physical body

and compressing it down to the size of a peanut, yet still being alive and cognizant of the compression. You cannot move your arms and legs, and in fact they are pressed tightly against the rest of your body, so much that you feel you could explode, but no explosion is forthcoming to free you from this seeming prison.

Another example would be having your head held under water until you are about to run out of oxygen. You try to raise your head, but you cannot and instead of drowning or suffocating, you remain in this state in-between life and death. The physiological imprint here involves both the intense energy of the compression and the intense desire to decompress.

This experience gave rise to the desire to escape from oppressive conditions. The lower self did not know how to accept the compression and a desire to escape it was born in the mind. Later, this became known as the “death urge” or the desire to escape the physical body and return to a less compressed state (that of the discarnate entity). Many religions are unconsciously based on this original physical trauma. The idea that Heaven is better than life on Earth came forth from this original imprint.

In addition to the physiological component of Original Cause, we have the emotional trauma, characterized primarily by a feeling of rejection, as though God kicked you out of the Kingdom of Heaven, thrust you into a cold and cruel world, and left you to fend for yourself. Arising from the emotional trauma came the idea of guilt, that somehow this descent was a form of punishment and that God was angry with you. Arising out of guilt came the emotion of shame, a feeling of being unworthy and undeserving of God’s Eternal and Limitless Love.

The original thought based on this emotional trauma goes something like this: “The compression feels very intense. It is uncomfortable and painful. I must have done something wrong to be experiencing this. God is punishing me. I used to feel wonderful, floating in ecstatic bliss and now I am compressed and full of pain. Somehow I must get back to the Garden of Eden. I must change who I am so that God is pleased with me and accepts me back into the Kingdom.”

Herein began the desire to escape from so-called “negative” emotions in favor of so-called “positive” ones.

Also beginning here was self-judgment. You began believing there was something wrong with you, and that is why the experience was more than just painful. You resisted the pain of the compression and in so doing, suffering was born. Our definition of pain is “resistance to what is.” Our definition of suffering is “resistance to pain.”

In actuality, it was the other way around. What started out as an intense experience became painful as soon as it was judged as being wrong. Since pain is resistance to what is, if there had been complete acceptance of Original Cause, it would have simply been seen as a very intense experience of energy and nothing more.

From a mental perspective, life became a process of seeking pleasure and trying to avoid pain. Because the experience of pain was pushed deep into the subconscious mind, painful experiences kept repeating themselves.

This is a way the soul has of bringing the unconscious into the conscious so it can be healed and integrated. Souls become more and more enmeshed in these unconscious patterns, with each subsequent physical birth reinforcing the negative core beliefs.

Entire civilizations have come and gone as a result of souls failing to integrate Original Cause. The desire to escape limitation has become the driving force behind advances in technology and science. Instead of merely exploring and discovering how the universe works, which is the proper role of science, it has become dominated by the ego. The ego’s core negative

belief is that it is powerless and helpless in the face of adversity, and God is the ultimate adversary. Therefore, science has become a process of attempting to dominate nature, subdue and control it, and harness it for the purpose of pursuing pleasure and avoiding pain.

Your medical sciences are primarily concerned with perpetuating pleasure and avoiding pain. This is attempted through treating the symptoms of disease and not the cause. Take a pill to make the pain go away instead of seeking to understand the illness — how and why it arises and what it is teaching you.

From an astral perspective, Original Cause involves an energy pattern that permeates all of Creation. The pattern says, “I am not okay the way I am. Something is wrong with me.” This thought form is constantly floating in and out of your personal space and is doing so right now. It originates from every soul who has not integrated Original Cause. This unintegrated energy flows in and out of every building in a city, regardless of how much reinforcement is made to the building, or how many attempts have been made to create privacy. Cities are where negative astral energy is the most concentrated because there are large numbers of souls spewing out the negativity associated with lack of self-acceptance.

The etheric planes have not escaped the ravages of unhealed Original Cause. The core negative beliefs and discordant astral energies become lodged in the aura and chakras of the human body as “etheric imprints.” This is the higher dimensional equivalent of emotional scars or “sanskaras.” The etheric body is electromagnetic. These imprints distort the energy flow through the meridians of the body and eventually lead to physical disease and aging.

Finally, the causal plane bears the remembrance of all the lifetimes where unhealed Original Cause eventually dominated life experience. Memories of the fall of civilizations are embedded in the Akashic records, the main repository of the causal plane. Most souls who lived and died during a cataclysm, whether or not human-caused, have unresolved Original Cause issues related to their inability to prevent such disasters.

For example, this channel has worked with hundreds of clients who, at the time of their therapy sessions, were still blaming themselves for what happened in Atlantis. They felt they should have been able to prevent the disaster, and in many cases, they tried to warn the authorities and people in power, but such people would not listen. Why? Because they had become attached to their illusion of power and control, and did not want anything to upset their convenient little view of themselves. Again, this goes back to pursuing pleasure and avoiding pain.

So why do civilizations rise and fall? How come “progress” does not continue in a linear fashion, as the natural forces of evolution would suggest?

If you study evolution closely, you will note that while there might be gradually developing systems and a tendency toward greater order and structure over time, no significant changes occur unless there is a mutation, or sudden shift into a new pattern. In some species, this mutation results in a higher order of life forms — ones that are more adaptable, flexible and self-aware. But in other cases, such mutations spell the end of the physical species because they are unable to adapt or structure themselves according to the new energy pattern.

Humanity has had to start over many times because of its inability to let go of Original Cause issues during times of sudden change. You are in a period of sudden change now. Your cells are mutating due to the incoming energies of the shift. You are once again being asked to release the core causes of negativity within your being. Without understanding and integrating Original Cause, it is nearly impossible to do this, and so once again, you run the risk of destroying your civilization and starting over in another time and place.

However, this time things are different. We have what is called a Divine Dispensation. Let us explain.

We and this channel have repeatedly stated that there will always be safe places on the Earth during the shift. The program has changed since the last destructive cycle. There are enough human souls on Earth now who wish to move into the new Golden Age, that you have reached critical mass. Therefore, we have been summoned, along with millions of other ascended beings, to assist you in overcoming the deepest fears and blocks to freedom.

The two channeled books given previous to this one were primarily concerned with prophecy. We gave information to assist you in understanding the probable timelines of your future — the how, why and where of your present and anticipated realities — in essence, where you are headed as a species. We did not imply that making this change would be easy. In fact, we indicated that about three-fourths of humanity would likely not be able to make the shift, and would exit the Earth during the next 20 to 30 years.

For those who are ready to make the shift, we have given this book, which essentially tells you exactly what is needed and what to do, to break out of the cycle of rise and fall.

Our desire has been, and still is, to help you create a dominant timeline of peace, prosperity, love, joy, and creativity. In order to do this, we need to go to the deepest levels of the Self and root out all that is in opposition to your natural evolutionary process. The mutations that are occurring now within your species will continue, regardless of whether or not you resist them. By understanding Who You Are, these mutations will be greeted with joy and enthusiasm, rather than fear.

Once again, we ask you to pause and reflect on what has been said. We are the Founders, in conjunction with this channel's own Higher Self.

The Difference between Spirit, Soul and Ego

Greetings once again, dear Creators. We are the Founders, working in tandem with this channel's own Higher Self. Let us go a bit deeper into the nature of the Self, and particularly, the three major aspects.

"Soul" and "Spirit" are not the same. Soul refers to the individualized spark of Creation, or essence of Self, residing within each one of you. It is a unique, tiny facet of God, and yet from a physical perspective, each individual soul is vaster than the entire universe.

Technically, the soul refers to level seven of our 12-dimensional Self. The levels below the soul are individualized, specific aspects of Self, while the levels above the soul are commonly called the collective levels, or group soul complexes. We will be going into detail on the nature of these levels a bit later.

You could say that Spirit is the essence, or basic energy permeating all of life. It may be helpful to think of Spirit as the intelligent consciousness of all things, but it is more than that. It is energy, matter and consciousness and it is beyond them as well. It is the movement of God, or the outpouring of God consciousness into all things. It is what gives everything life.

The soul is both perfect and imperfect. It enters into various embodiments and levels of experience in order to grow in understanding and awareness. While it does not know everything the way Spirit does, it knows enough not to judge what is experienced. Judgment belongs to the realm of ego. Souls want to experience everything without bias or preference, while the ego judges things as good or bad, right or wrong, better or worse.

For example, in one lifetime, the soul may desire to know what it is like to oppress others, and

so he or she might incarnate into a royal family that has total disregard for the common people. In another lifetime, the soul may desire to experience the opposite polarity and so incarnates into a family of poverty, struggle and suffering, being oppressed at the hands of the royal family. This is not a punishment for the “sins” of oppressing others in a previous lifetime, but merely a desire on the part of the soul for a balanced and full perspective.

The soul does not differentiate between right and wrong behavior. However, as souls grow and evolve, they naturally seek out those life experiences that foster love, compassion and service to others, since these values vibrate at a higher level than fear, judgment and guilt. An overly simplistic way of telling how evolved a soul has become, is to observe what percentage of his or her life involves expressions of love and compassion, versus fear and guilt.

The egos of humanity can distort virtually any idea, including this one, thereby constructing an image of God as angry and vengeful, demanding obedience and meting out punishment to the so-called “wicked.” The soul, however, is content to simply observe the contrast between opposing ideas.

All “evil” on planet Earth involves identification with the lower self, or ego. The ego is the part of the soul that believes in separation from God. It naturally identifies with those aspects of self that seem to be separate; i.e., the physical, emotional and mental levels of being. It fails to see that there are many levels that are energetically shared. So while the ego believes each one of you is a separate, isolated physical person, Spirit knows that all humans are One Being expressing as billions of individual life organisms.

Because your souls are multidimensional, there are lots of intricacies and complex configurations possible between individuals and groups. These arrangements are not confined to the physical Earth. While there are small community groups, large governmental organizations, and everything in-between on Earth, there are similar groups existing in the higher realms. Souls at different levels of vibration can interact with each other in a variety of ways. Later on, we will take a look at souls who share human bodies with each other, or who transfer and swap out various levels of each other’s being.

Human language does not have adequate terminology to describe all of these interactions, but we will give this our best shot in the following chapters. For greater understanding, please consult the glossary and index. Hopefully, by describing these interdimensional relationships, we can dispel much of the confusion surrounding topics such as “walk-ins” and “partial soul transfers.”

Psychotherapists will find a lot of useful information in the material that follows. A significant percentage of patients in therapy are suffering from various levels of soul fragmentation, a concept we will explore in depth in Chapter 3. In some cases, there is nothing actually “wrong” with these patients. They have agreed, or have contracts on a soul level, to undergo certain experiences involving partial or total soul transfer (topics discussed at length in the following pages). It is our goal to help the therapist discern the difference between gross emotional imbalances and voluntary soul agreements that might seem to manifest as multiple personality or dissociative disorders.

Soul Levels and Dimensions

For those of you not familiar with our previous work, let us summarize the various levels and dimensions of the soul in a more structured manner. Keep in mind that this is just a model of something vast and unexplainable. When you are in the higher levels of consciousness, you are

not concerned with levels and dimensions. You are merely experiencing life in all its infinite variety. But for the sake of the intellect, we need a few “anchor points” to help transmit our thoughts to you.

Each level or dimension of the soul is roughly equivalent to a level or dimension of what you call “outer reality.” When referring to specific states of consciousness, or levels of vibration of individual souls, we often use the term “density.” When referring to planes or sub-planes of the universe, we use the term “dimension,” although many teachers use the terms interchangeably.

Ultimately, there is no difference between the inner and outer. However, you will not realize this until you are vibrating at level six or higher on the density scale. For now, as you peruse these tables, simply imagine there is a direct correlation between each level of density and its corresponding dimension.

Once again, do not get hung up on these ideas. While it is useful to have some concept of where you are vibrating, the ego can become obsessed with this and start comparing its level with those of others in order to feel superior or safe. We recommend spending only a minute or so per day focusing on your level of vibration.

The following gives the density levels of souls as they evolve from conception to full maturity.

Density	Description
1	Physical body. Survival instinct. Awareness of space.
2	Emotional body. Sexuality. Sensation. Feeling.
3	Mental body. Thoughts, beliefs, ideas, programs, ego.
4	Astral body. Higher mind, energy fields, psychic ability.
5	Etheric body. Love, compassion, service, the light body.
6	Causal body. Cosmic consciousness, timelessness.
7	The soul. The home level. Full abilities restored.
8	The oversoul. First level of group soul complex.
9	Master oversoul or monad. A vast universal mind.
10	Buddhic or Christic Self. Awareness of God presence.
11	Individual God Self. Total self-realization.
12	Universal God Self. Beyond all concept of self.

The next table gives the dimensions of the universe, which are roughly the same as the levels of vibration.

Note: In some model systems, the first three dimensions of the physical universe are contained within first density. In our model system, first density is described as the physical body, which certainly exists in three-dimensional space. Therefore, you cannot directly correlate the first three densities with the first three dimensions. Herein lies one of the limitations of your language and symbols, and how they are applied to models of reality.

Here are the dimensions:

Dimension	Description
1	Existence. The point. The mineral kingdom.

- 2 Primal awareness. The line. The plant kingdom.
- 3 Spatial awareness. The shape. The animal kingdom.
- 4 Mental planes, astral planes, time. The human kingdom.
- 5 Etheric planes, love. The crystal light body.
- 6 Causal planes, Akashic records. Radiant light beings.
- 7 Lower celestial planes. Angels, ascended beings.
- 8 Middle celestial planes. Archangels, ascended masters.
- 9 Upper celestial planes. Higher order beings, central sun.
- 10 Lower God worlds. Beings from great central sun.
- 11 Middle God worlds. Beings from great, great central sun.
- 12 Upper God worlds. The Godhead.

In actuality, there are no neat divisions between levels. This is merely for your mental understanding. However, each level has its own specific characteristics and values, so for now this is a helpful concept.

We will not go into great detail on the levels and dimensions at this time, especially since we have spent a lot of time on this in previous writings, but we will be referring to these ideas many times throughout the book, so we hope this brief review has been of help. If you are new to this material, we encourage you to read the books that came before this one.

Another important idea involves the concepts of time and evolution. Below, we are giving a simple explanation that will hopefully help you resolve some of the paradoxes you encounter on the spiritual path, including the idea that you are already whole, complete and perfect versus the perception that you are growing and evolving into higher states of consciousness.

To assist you in this endeavor, we will ask our students, the Arcturians, to speak on the subject of time and timelines. We are the Founders. We hope you have enjoyed this discussion and we are looking forward to returning shortly to your time and space continuum. Good day.

The Nature of Time

Greetings, dear ones, we are the Arcturians. It is our great joy to be able to share our energy and ideas with you. To help you understand the nature of your soul, we would like to express a few ideas about time that will likely assist you on your journey. Some of these concepts will be applied to methods for healing your various levels of self.

This is a difficult subject for many human beings to grasp, so we will go slowly and suggest you read this material over several times to fully absorb it.

The Difference between Linear and Nonlinear Time

Souls on planet Earth live in two different realms simultaneously. From a linear perspective, you are growing and evolving as individual souls, moving from lower to higher density levels, a process called ascension. Some of you are moving more rapidly than others. A significant number of you are moving off the wheel of reincarnation and are preparing to take your bodies

directly into the higher dimensions, rather than going through the death and rebirth process.

The linear progression of soul evolution involves the gradual perfecting of the personality and completion of lower dimensional soul lessons. This process usually takes a very long time and is filled with difficulties, detours, distractions and the like. Most humans spend hundreds of lifetimes on the wheel of reincarnation before learning everything their souls desire to learn. Nevertheless, nearly every soul eventually transcends identification with the lower levels of awareness and moves onto the spiral of ascension.

Up until recently, only a few hundred souls had perfected this process. Now, in the next 50 to 100 years, it is estimated that many millions of souls will go through physical ascension. Some will build their crystal Light bodies within the next 20 to 30 years. Nonlinear time is also an aspect of life on Earth, though for most souls it seems hidden in mystery. This is due to the ego's preoccupation with linear time. The ego is continually thinking about the past and future, and sees only a tiny fraction of what is taking place in the present.

From a nonlinear perspective, all time is NOW. There is no past or future, or you could say that the past and future are contained within the NOW. This can be easily proven because it is always NOW. At the moment you are reading this, it is NOW. When you first started reading it, it was NOW. It will still be NOW when you finish reading it. If you are thinking about the past, when are you doing it? NOW. In fact, your entire perception of time and space is occurring right NOW.

In this eternal NOW moment, you are whole, complete and perfect. You are already enlightened and self-realized. You are a 12-dimensional being living simultaneously in 12 different realities. Of course, from within your human life it might not look this way. All your physical senses are able to perceive is a tiny portion of the NOW. To the extent you can step outside your ego/personality and detach from the linear time/space continuum, you can become aware of the vastness of Who You Are.

So to sum up, you are a human being learning how to be a spiritually enlightened soul, *and* you are an enlightened spiritual being having a human experience. You are evolving *and* you are already perfect. You are being and becoming at the same time.

From a linear perspective, you are healing the layers of the self that have fallen out of balance. From a nonlinear perspective, you are merely removing the veils of illusion that have covered your already perfect Self.

From a linear perspective, soul evolution is the process of gradually increasing your level of vibration until you are fully aware of your God Presence within. From a nonlinear perspective, soul evolution is the process of removing all the illusions of separation you have placed between you and your true reality, which is co-creator with God.

From a linear perspective, you have one body, mind and personality that exists in present time on Earth and is growing from a child into an adult and then eventually dying or ascending. From a nonlinear perspective, you have multiple selves co-existing in multiple dimensions simultaneously. Your past, present and future selves all exist right now. Your parallel selves (other levels) exist right now.

From a nonlinear perspective, the past is not set in stone, but is unfolding, as is the present and future. This is a concept that is impossible for the linear mind to grasp, but it will become a bit clearer when we talk about timeline healing and other therapies.

The purpose of this book is to awaken both levels of time within you so that you know, beyond any shadow of doubt, that you are whole, complete and perfect just the way you are. At the same time, we recognize that you are learning, growing and evolving every day and so we

are giving you tools and techniques to help in that process.

Timelines and Infinite Selves

It is our intention at this time to share with you some of our perceptions about time and how this fits in with the topic of soul integration.

While your souls have many dimensions of space, they also have many dimensions of time. This is a difficult concept to understand, so we will go slowly. Time is like a finely woven tapestry, with an infinite number of strands of multicolored threads all intertwined to make up the big picture. Timelines are a product of human free will, along with the free will of other beings in various levels and dimensions. This includes the planets and stars, who are conscious beings on another level.

You have what is called your “dominant timeline.” This is the one that has been given the most energy and focus. To use a simple example, if you have a desire to raise your hands up above your head, and you focus your intention on doing that, your dominant timeline will include the act of moving your hands above your head. If, however, you are not serious about actually doing this, but are merely entertaining the idea, then the act of moving your hands above your head becomes a potentiality, or possible timeline, but in all likelihood will not become part of your dominant timeline. In this case, the dominant timeline includes the reality of your hands remaining at your sides. This may seem like a ridiculously simple concept, but all of time operates according to these free will decisions.

Of course, we are dealing with collective consciousness as well as individual consciousness, and as you know, there is power in numbers.

For example, if a large number of souls on Earth desire world peace, then the energy of world peace goes out into the tapestry of time and space and greatly impacts the nature of the tapestry. When a critical mass is reached, the desire for world peace creates a dominant timeline and you then have the privilege of experiencing world peace in the outer realms. Various teachers on your planet have found formulas for reaching critical mass. Some say it takes 1.8% of humanity, others say the numbers are far less. It depends on the intensity of the desire and level of awareness of those attempting to create a specific timeline. It also depends upon whether or not the desire is in alignment with the natural progression of evolution.

It actually takes a lot of energy and focus to create unlike the natural order of Creation. Because you are powerful, creative, spiritual beings, created in the image and likeness of your Creator, you can create many things that seem to be in opposition to the natural order, but it takes a lot of effort to do so. Free will has its limits. There are many realities beyond free will that are unaffected by the decisions of human beings on Earth (or you could say the influence of humanity is miniscule). As an example, at your level of evolution, you have little or no effect on celestial events, such as eclipses and precessional alignments. How you experience these events, however, is a function of free will.

Returning to the subject of timelines, you might be tempted to think that once you have made a decision and have carried it out, that is the end of the story, but that is not the case. The past *can* be changed. However, there are a couple of rules as to what can and cannot happen. First of all, you cannot violate the free will of other souls. That means physically changing an event in linear time is not permitted if it changes the experiences of other souls without their permission. However, you can change *your* experience of what happened, and you can change the impact the experience has had on your future lifetimes (including your present one). In other words, you can change your dominant timeline in this life as a result of changing and healing your past.

Second, you cannot change the past in a linear fashion. In other words, you cannot go back into the past, kill your grandmother, and then realize that you were never born. That is the ultimate paradox because if this were possible, you would not have been born and then be able to go back and kill your grandmother in the first place.

Instead, you create alternate timelines. There are now two timelines in the above example. In one of them, your grandmother was killed and you were never born. In the other timeline, your grandmother went on to conceive your mother, who conceived you, etc.

Every time you make a change to the past, present or future, you alter the timelines associated with your progression as a soul. You weave your own corner of the tapestry according to all the possible and probable realities you have created with your free will.

A down-to-Earth example of this involves a process called timeline healing. Let us suppose you had a major trauma at the age of five in your dominant timeline. You go back in time and give a healing to your five-year-old self. Now you have a new dominant timeline that includes the healing you received when you were five years old. To reiterate what was stated above, you usually cannot change the outer physical details of what happened in the original timeline because that would violate the free will of other souls who were part of the original events.

For example, you cannot go back into a past lifetime when you were burned at the stake and rescue your past life self from the stake and run off into the forest with him or her. However, you can change your past life self's experience of being burned at the stake and therefore remove the etheric imprints of being burned alive, thereby greatly reducing psychological traumas that carried over from that lifetime into this one.

Once your soul has completely experienced something, it is no longer necessary to keep re-experiencing it. In this case, your soul may have learned everything it can possibly learn about being burned at the stake and now it wants to remove that experience from the cellular memory of the body.

It could be argued that you cannot tell when your soul has completely learned a lesson or not, but we would say that you are unlikely to be attracted to a technique such as timeline healing unless you are seriously ready to transcend the state of duality your soul has been living in for thousands, if not millions of years.

The key to healing your trauma is to fully feel, experience and express your emotions about it, and yet be detached at the same time. Since you have already had these traumatic experiences and have replayed many of them time and time again, mostly unconsciously, now you are ready to come to a detached understanding by viewing the "big picture," which is to see your timeline laid out before you and choose to have a different experience. Timeline healing is often useful for clearing phobias and physical reactions to the environment that seem to have no present-time cause. For example, asthma may be caused by a past lifetime where the soul experienced being buried in an avalanche and suffocating. By giving the past life self a healing, the asthma may clear up quickly in the present lifetime.

We will revisit timeline healing in Chapter 4, when we talk about methods for healing the fragmented soul.

Past, Parallel and Future Selves

The soul is beyond time and space as you know it. Therefore, soul energy can embed itself anywhere within the time/space continuum. You can have aspects of your soul in the past, present and future, as well as in different worlds and dimensions. When parts of your soul are spread across many time frames and dimensions, this is known as "soul fragmentation." Souls

fragment for a number of reasons, which will be discussed in Chapter 3.

When you have pieces of yourself in other realms of time, those fragments of self are often stuck in those past or future lifetimes. You could say that you have parts of yourself that are “lost in time.”

When you have pieces of your soul in alternate timelines created as potentialities, or possible realities, these are called “parallel lifetimes.”

You have 12 major aspects of your soul, one for each level or dimension of the universe. When parts of your 12 primary aspects of soul have fragmented into different dimensions, these are called, “other dimensional fragments of self.”

How do you tell the difference between primary aspects, other dimensional fragments and parallel lifetimes?

You have 12 major aspects of self, along with numerous minor parts corresponding to the sub-planes of the 12 dimensions. These aspects are part of your dominant timeline, or what you are experiencing right now. They are part and parcel of what you are creating and manifesting right now, although you might not be aware of them. Together, all the major aspects act as a complete symphony to orchestrate and manage your life.

If some of the aspects are fragmented, the level at which the fragmentation has occurred will seem out of balance, and your effectiveness at creating what you desire in life will be compromised. The most common level in which this occurs is emotional. If you are emotionally fragmented, it means there are pieces of your emotional body scattered around the universe (or at least around Earth). In Chapter 4, we will explore techniques for recovering these lost soul fragments.

Parallel lifetimes, on the other hand, represent various possible and probable timelines that might intersect with the dominant timeline, but have not yet manifested in your outer reality. Going back to the example given earlier, once you made a strong intention to raise your hand, the act of doing this became part of your dominant timeline. The physical aspect of your dominant self experienced raising your hand.

However, you have numerous parallel lifetimes based on other options you might have considered but did not act on. One of your parallel selves may have kept your hands at your sides. Another might have picked up an object and thrown it, etc.

While theoretically it is possible to have an infinite number of parallel selves, the ones you give the most attention to become the most “real.” Generally, you can tap into parallel lifetimes in a manner similar to that described in one of your Hollywood movies, called “Sliding Doors.” In this fictional representation of alternate timelines, a woman hurried to catch a train and narrowly made it in one scenario, but narrowly missed it in the other scenario. The movie then goes on to show the series of outcomes that happened with each of these scenarios.

To use the tapestry analogy, you have a strong bright thread representing your dominant timeline and now you have two slightly smaller threads going off in different directions (diverging).

Humanity has several parallel lifetimes taking place right now. In one of these, souls on Earth continue to ignore the warning signs of pollution and exploitation of resources and go through a period of hardship as a result.

In another scenario, souls start taking responsibility for cleaning up the Earth, in significant numbers, and have a very different, more positive experience as a collective group.

The same types of scenarios can be applied to war and peace, or any other major decision involving large numbers of people.

About 60 years ago, a Divine Dispensation was granted, preventing humanity from blowing themselves up with nuclear weapons. The dominant timeline now includes no global nuclear holocaust. In a parallel world, this dispensation was not granted. Within that parallel reality, two divergent realities emerged, one where the “button was pushed,” resulting in large-scale death and destruction, and one where a peace treaty was negotiated, preventing the destruction from happening.

Individual souls on Earth often say they feel they have alternate selves doing different things than their dominant self. For example, if a soul is alone, lonely and introverted, and desires to be in a relationship, he might feel he has an alternate self that easily engages other souls and creates wonderful, loving relationships. Just as scenarios can diverge in the manner described in the preceding paragraph, they can also converge. If enough attention is given to developing the lonely soul’s self-esteem, he might start experiencing his extroverted self and create a lot of loving relationships in his dominant timeline.

The intensity of a parallel self depends not only on how much energy and focus you put on a particular scenario, but also on how large the soul fragments are that have moved into that parallel reality, and also on how probable the reality is regarding other souls. A soul choosing between two jobs that are roughly equal in desirability might have two very strong probable realities representing each position. On the other hand, if one of the jobs is undesirable, the parallel reality where the soul accepts that job is very small and represents a tiny possibility, meaning there is not much energy on it. It is a weak thread in the tapestry of time and space.

Every time you imagine yourself doing something, you create an alternate self. This self exists in parallel past, present and future dimensions. For example, if you are single and desire to be in relationship, you have a parallel self that is in relationship. This parallel self actually exists in another time and space realm, although it is not in the dominant timeline, or what you call physical reality on Earth.

Aspects of self (soul fragments) can branch out into alternate timelines, as well as alternate locations in space. This means you can have parts of yourself “stuck” in the past, future, or in a parallel dimension of the present. For example, if you had a particularly difficult breakup of a relationship ten years ago, a part of your soul may still be stuck in that time zone. In this case, your self of ten years earlier has seemed to split off from your present self and now you have one self living in the present and one self living ten years ago.

We, the Arcturians, desire to express these ideas in several different ways so that you are able to fully grasp this difficult concept of possible and probable realities. Therefore, let us state some of these ideas a little bit differently than in the above paragraphs.

Perhaps you have heard someone say, “I feel scattered today.” This is an indication that only part of the soul energy is present in the here and now. The rest is indeed fragmented through time and space, and in alternate realities. The more scattered your soul, the less power and energy there is available for creating what you truly desire in your present life.

You can bring in the fragments that are lost in time, integrate them into your one Being, and experience greater peace, power and creativity. In some cases, the soul may be unable or not ready to completely integrate past fragments of itself. In other cases, the present self may be in contact with a past segment of self and may even be able to “channel” that past self. There are souls on Earth today who are channeling past life versions of themselves. From a nonlinear perspective, both versions exist right now, in this eternal NOW moment.

This is also true of future selves. It is a common shamanic practice to get in touch with future selves and channel them for the benefit of the present self. As soon as you put out an intention,

or have a strong desire to move in a specific direction in life, you create a future self that has already accomplished the goals of the present self. This is based on what quantum physics calls the Heisenberg Uncertainty Principle.

Before you make a free will decision, there are an infinite number of possible future timelines, but as soon as you direct your energy along a specific course of action, you form a dominant timeline and all the other timelines essentially collapse into the new reality you are forming. Yes, the other realities still exist in the infinite fabric of time and space, but unless you change your focus and start giving one of these other realities energy, they will remain potentialities, or possible timelines.

For example, let's say you are living in London and desiring to move to Bombay. A move to Bombay is now in your dominant future timeline. But very soon you hear a lot of negative things about the noise and chaos in that city and decide instead that you want to move to Cusco. Now the life in Bombay loses energy and becomes a possible timeline instead of a probable one, and Cusco becomes part of the new dominant timeline.

Once you know what you want to create, you can establish a link with a future self that exists in that timeline. You can bring that future self into present time and communicate with him or her in a manner similar to that used to communicate with a spirit guide or teacher. In some cases, you may be able to "channel" your future self, and there are several souls doing that right now in the world.

You might be asking yourself, "How does all this fit in with the topic of soul integration?" All of your past, parallel and future selves exist in this eternal NOW moment, and all can be accessed NOW. When you go back into the past, or forward into the future, you have the option of retrieving the energy of your past and future selves and bringing that energy into the present moment. You can embed that energy in the chakras of your present body. For example, if you have a future self that is highly successful in business, you can bring the energy of that business success back in time to the present and embody that energy, essentially drawing the experience of business success to you. Such a technique is called "future timeline linking."

When you bring the power and energy of your past, parallel and future selves into your body NOW, you create soul integration, and you begin to manifest your unlimited potential as a sovereign being.

You can see the results of fragmenting yourself into the past and future. Souls who are constantly thinking about the past or future have very little energy available to deal with present challenges. Worrying about the future does two things. It tends to draw negative experiences to you because that is what you are dwelling on, and it fragments your soul so that part of your soul energy is living in the future you are worrying about. Consequently, you have less energy available to deal with things that need to be resolved in the present in order to avoid the future that you are worrying about. Think about that the next time you are tempted to worry.

In summary, souls can fragment into different times and dimensions. To put this another way, you can have parts of yourself in the past, present and future, as well as in various levels and dimensions of the universe. Later, we will discuss the idea of parent souls and their relationship with your soul fragments wandering through time and space.

We will be revisiting these ideas from time to time throughout this book. For now, let us give you a chance to digest what we and the Founders have given you.

It has been our pleasure discussing timelines with you. We are the Arcturians. Many blessings.

Higher Self versus Spirit Guides

Greetings, this is the Higher Self of Sal. We will now visit a vitally important topic regarding the difference between your Higher Self and your spirit guides.

Your souls have higher and lower aspects. As you learn to tune into your higher nature, you will discover a rhythm and beauty that is uniquely yours. You will come to recognize and know your Higher Self.

All sovereign beings in the universe are multidimensional and have both lower and higher aspects. Your higher aspects are capable of communicating with the higher aspects of other souls, regardless of whether or not they are in human bodies, are discarnate, or are sovereign beings from other worlds or dimensions.

As you grow and evolve, it is important to distinguish between the various forms of soul energy and the levels and dimensions in which such energy is operating. This is especially important when seeking advice from your Higher Self or spirit guides.

How do you tell the difference between higher aspects of your own soul and aspects of other souls?

While ultimately all souls are part of One Being, within that One Being are infinite variations and unique patterns of Light. As you move through your soul evolution, you will enter into a state of consciousness whereby every being that enters your space is exactly right for assisting you on your path. While ultimately this is always true, there may be times when your soul lesson involves developing the ability to use discernment. In other words, sometimes souls may not be right for you and you must ask them to leave. If you do not know the difference between the levels and dimensions of various beings, it can be difficult to know who to keep and who to send away. Let's start with the difference between your own Higher Self and spirit guides. If you can make this distinction, you can then more easily discern who and what is right for you.

It is possible for your subconscious mind to interfere and even try to convince you that you are in contact with a specific being or beings, when in fact, it is your own subconscious mind that is communicating with you. This means you must also be able to differentiate between your subconscious mind and your Higher Self. To take this one step further, your subconscious mind can convince you that a lower level spirit is actually an ascended master or higher dimensional entity. So this also means telling the difference between your subconscious mind and lower level spirits (discarnate entities). Therefore, we will be visiting all these topics in the pages ahead.

As you move along your path, you will learn to recognize the "soul signature" of every being you encounter. For now, we ask you to use the litmus test we have given in every one of our books in order to tell the difference between levels of vibration and hence, types of beings. Here is the short version.

Ask yourself the following questions when in contact with a being or form of consciousness:

Does this being or energy support my spiritual growth?

Do I feel more alive and aware in the presence of this being or energy?

Does this being or energy encourage me to think for myself?

Does this being or energy give me the space to move at my own pace?

How do I feel after communicating with this being or energy?

You can ask that all energies, thought forms and entities that are perfect and right for you be attracted to and enter into your personal space. Conversely, any energies, thought forms and entities that are not right and perfect for you can be made to leave your space, either temporarily

or permanently.

The following information can be used to differentiate between your Higher Self and spirit guides:

First, spirit guides will almost always identify themselves by name or class, usually in the first sentence. Example: “Greetings, dear Creators, we are the Founders.” Your own Higher Self will seldom identify itself. If it does, it will simply say, “I am the higher wisdom of the one known as (insert your name).”

Second, spirit guides usually only come when they are called or invoked. You may see them in meditation and seek to establish communication with them. They may be present in your space simply to monitor or observe you, but they rarely initiate conversation unless there is a pressing need for intervention that your soul has already agreed to on some other level. On the other hand, your Higher Self is always available and will often intervene if you have been calling it in frequently.

As you learn to meditate regularly and use the power of invocation (see next page), you will recognize the energetic difference between your Higher Self and spirit guides. For this channel, the Higher Self appears as a beautiful golden, radiant Light that is similar to God’s Golden, Radiant, Loving Light, while his various spirit guides have different colors, patterns and textures (as well as identifying themselves by name).

Regarding the difference between loving spirit guides and unloving ones, loving spirit guides tend to view you as equal to them. They do not talk down to you, or act patronizing or judgmental. If a being seems to be judging you, ask it to leave, or make sure your own ego is not getting in the way of the communication. Shortly, we will look at specific invocations to help prevent unloving spirit guides from entering your space.

If you are clairvoyant, you will note that loving spirit guides are pleasing to the third eye, often having soft pastel colors, and will send a soothing and calming energy into your body, while unloving spirit guides may consist of darker colors with a “frantic” or “uneasy” feeling. In some cases, you might feel cold with shivers in the presence of an unloving spirit guide.

There are many variations when it comes to your Higher Self and spirit guides. There are times when spirit guides will “overshadow” an Earth-bound soul. This might be by soul agreement, or if the spirits are unloving, it may involve a partial or total possession. Truly loving spirit guides are willing to give you the space necessary to learn your soul lessons. They will not try and force you to do anything, and they will be careful not to overshadow you or climb into the inner parts of your auric field.

As is often the case, there are exceptions to the general rules of engagement between Earth souls and spirit guides, including situations whereby the Higher Self of one being can interchange itself with the Higher Self of another being. In Chapter 3, we will look at the various ways spirit guides can interact with Earth souls, including an examination of possessions and entity attachments, situations where other souls can mix and mingle with your own soul energy.

How to Contact Your Higher Self

Your Higher Self consists of all the levels and dimensions of the self above level seven. This includes the soul, oversoul, monad, Christic or Buddhic Self, Individual God Self and Universal God Self. For the sake of simplicity, we will refer to all these levels together as the “Higher Self.”

The simplest way to call forth the Higher Self is to visualize a golden light coming down from the heavens and entering into the crown chakra at the top of the head. You can then visualize this

golden light moving down through all of the chakras and parts of the physical body, healing, cleansing and purifying all your cells as it continues to move down into your legs and out through your feet. If you are sitting, you can imagine this energy leaving your body at the base of the spine and entering the Earth.

To call in your own Higher Self, use the following invocation:

I NOW CALL FORTH THE LOVE, POWER AND WISDOM OF MY HIGHER SELF.
COME FORTH, BELOVED HIGHER SELF.

The highest level of your Higher Self is your golden, radiant God Presence. While visualizing this golden light, say the following command:

I NOW CALL FORTH MY GOLDEN RADIANT GOD SELF TO FLOW THROUGH
EVERY CELL IN MY BODY.

A more structured way to call forth your own Higher Self is to first go into meditation and begin deep breathing. After a couple of minutes of breathing and relaxing, say:

I CALL FORTH GOD'S GOLDEN, RADIANT, LOVING LIGHT TO COMPLETELY FILL
MY BEING NOW.

Ask for total and complete protection on all levels of your being:

I ASK GOD'S GOLDEN, RADIANT, LOVING LIGHT TO COMPLETELY AND
TOTALLY PROTECT ME ON ALL LEVELS OF MY BEING.

Then use the following invocation:

I NOW INVOKE THE POWER AND PRESENCE OF MY OWN HIGHER SELF. COME
FORTH, BELOVED HIGHER SELF. REVEAL YOURSELF TO ME. SHARE YOUR LOVE,
POWER AND WISDOM WITH ME. THANK YOU, BELOVED HIGHER SELF.

Then become quiet and simply blank your mind. Just be open to whatever comes into your consciousness.

It is important to practice these techniques a few minutes each day until you learn to recognize the presence of your Higher Self. You may want to write down any words or ideas that come when doing this meditation.

When you call forth your Higher Self, the higher aspects of your soul are merging and mingling with the lower aspects. The higher aspects help the lower aspects align so that you can integrate the many facets of your soul more easily.

There are a lot of factors that affect your ability to stay connected with your Higher Self. The purpose of most spiritual teachings is to help you remove the blocks to awareness of your higher aspects. It is not enough to merely teach about the higher realms. If you have too many negative emotions, thoughts and beliefs in the way, it is like trying to teach calculus to a first grade math student, or to use a better analogy, it is like trying to teach enlightenment to someone who is physically starving. If you feed him first, he is more likely to have the energy and focus necessary to receive value from your teachings.

Therefore, healing and cleansing the levels of self is absolutely necessary before you can fully receive the higher frequencies into your Earthly being. Most of you reading this have been engaged in this healing process for quite some time and that is why we are now able to give

some more detailed information about the deeper nature of the soul and its many variations.

A popular request we and this channel get involves how to contact your spirit guides. We have given a brief reply below:

Contacting Your Spirit Guides

Generally, spirit guides fall into several categories, levels and vibrations, as follows:

Δ Soul family members who are assisting you in remembering Who You Are. Their purpose is to help you connect with your own Higher Self. Soul family includes your twin flame, primary soul family members, secondary soul family members and extended soul family members. (These topics are discussed in depth in the next chapter.)

Δ Souls who are not in your soul family that are assigned to work with you in this lifetime because they have specific information vital to the lessons your soul wishes to learn. These include your personal spirit guides and guardian angels;

Δ Souls from higher dimensions that are voluntarily assigned to you as your teachers. These may include enlightened guides who were previously in physical form in this or a past lifetime, as well as ascended masters, angels, archangels and enlightened extraterrestrials that are appropriate for helping you grow and evolve;

Δ Members of your own soul lineage. This is a group soul complex that consists of aspects of your own Higher Self, from the Universal God Self down through the various levels to your oversoul. You could think of these guides as higher level soul family members; and

Δ Members of related soul lineages. These are physical and nonphysical teachers, gurus, masters and guides who comprise spiritual orders, such as the Order of Melchizedek, of which you are a member, either in this or past lifetimes.

In addition to these voluntary spirit guides, you have those guides who may or may not be 100% of God's Loving Light who have decided to help you whether or not you have asked for their help. This may include:

Δ Discarnate blood family members who are still hanging around the Earth plane prior to moving on to their next incarnation;

Δ Discarnate entities from your past or present (other than blood family members) who are still attracted to you after they have passed from embodiment on Earth;

Δ Discarnate entities wandering through the astral and etheric planes who are seeking a human soul to attach to in order to feel energy and light. Such souls have forgotten how to get back to their own Light and are essentially feeding off your Light;

Δ Discarnate entities who intentionally attach themselves to you in order to heal past karma with you or to seek revenge for perceived past hurts;

Δ Discarnate or sovereign entities who seek to control or suppress your energy for their own personal gain. This would include negative extraterrestrials and astral entities who are lusting for power, control and oppression of other souls;

Δ Thought forms generated by various beings; and

Δ Thought forms generated by your own subconscious mind.

Thought forms are not really spirit guides, but can in some ways mimic spirits, depending on the intensity and characteristics of each particular thought form. Your subconscious mind can project images of spirits and convince you that you are talking to real beings when in fact they are projections of your own thoughts.

How do you tell the difference between thought forms generated by you or others, and actual spirit guides?

As you become more practiced in communicating with spirit guides, you will quickly recognize the difference between real and imagined spirits. Below we will give a few pointers in this regard.

As you seek to explore and understand your own subconscious mind, as well as your emotional and psychological patterns, you will come to know yourself intimately, including all the ways you are triggered by outer events and relationships. By observing, in meditation, the way your lower levels of self vie for attention, you come to recognize their energy when they interfere with your attempts to communicate with spirit guides.

As a review, let us examine the differences between your ego thoughts and your Higher Self consciousness. First, is the thought primarily concerned about your personal life? Does it concern the safety or well-being of your physical body? Does it involve some form of seeking approval of others? Are you worrying about what other people think? Does the thought generate feelings of fear? Does it involve a lot of strategizing and planning? Is there uneasiness about the future, being triggered by the thought? Does it bring up unpleasant feelings in the body? Does it feel like the thought is trying to convince you of something? Is there a sense that you are clinging to a desirable way of life and refusing to look at things that may threaten that way of life?

It is possible for a negative entity to trigger these thoughts in you, but more than likely they are coming from your own subconscious mind or ego. We suggest using a meditation for reprogramming the subconscious mind, or a technique to call forth your Higher Self, such as the ones given herein, as a way of minimizing the distractions of your subconscious mind and ego.

You can also ask the above questions when learning to determine the difference between a real danger and an imagined one. Ask yourself objectively, “Is there any merit to the thoughts I am having?” If you are not in immediate danger, or facing a need for immediate action, then probably these are habitual negative thought patterns that are interfering with your ability to see things clearly.

Can you trust your Higher Self to keep you safe from real danger?

Your Higher Self will speak gently, quietly and directly, without creating confusion and anxiety. Higher thoughts tend to unify and simplify reality, while lower thoughts tend to complicate things. You will feel lighter, more expanded, and more energetic, yet calm and clear at the same time, when you are listening to your Higher Self. You will simply know what is right for you, rather than wondering obsessively. There will be no “what ifs” endlessly playing out in your mind.

Information from your higher aspects will tend to float into your consciousness and suddenly be there, without great fanfare. There is little or no effort involved. If you hear a voice, it will not be trying to convince you of anything, but may gently remind you to let go and trust. Most of all, the feelings in your body will tell you who is speaking.

To tell the difference between your own thoughts, higher or lower, and those of your spirit guides, we suggest you read carefully the next few paragraphs on calling forth spirit guides. Invoking them in the proper manner will often eliminate a lot of confusion. Benevolent spirits

will be happy to assist you in gaining clarity and will speak directly and matter of factly about themselves and the universe. There will be no convoluted ideas or conflicting information. Even when they are inaccurate about something (which does happen due to the free will nature of this world), they will freely admit this without the need to rationalize, justify or explain excessively. Here are the steps to calling forth spirit guides:

In light of the vast array of spirits that may vie for your attention, it is important to begin with invoking psychic and spiritual protection. If you are not under imminent attack from negative entities, the best way to invoke protection is to call on God's Golden, Radiant, Loving Light to completely fill your being and surround you in an envelope of protection. Once you have thoroughly protected yourself, use the following invocation:

I NOW CALL FORTH MY BENEVOLENT AND LOVING SPIRIT GUIDES. REVEAL YOURSELVES TO ME, DEAR ONES. TEACH ME YOUR LOVE AND WISDOM. EMPOWER ME WITH YOUR PRESENCE. THANK YOU, BELOVED SPIRIT GUIDES.

Then become quiet and blank your mind, allowing the energies of your guides to come into your awareness. It might take numerous times meditating and invoking before you are aware of your spirit guides. They might come as images forming in your mind, you might hear verbal messages, or you might simply feel a different energy than what you felt before. As you become more practiced, you will learn to recognize the difference between the energies of your spirit guides and the energies of your own Higher Self and subconscious mind.

Most souls have multiple levels of spirit guides. A typical list of the levels of vibration of spirit guides for an individual soul includes the following:

- Δ Two or three primary spirit guides, usually from seventh density;
- Δ Five primary soul family members, plus one twin flame. These beings can be from multiple levels, but usually sixth through eighth density;
- Δ A small group of angelic beings from seventh density;
- Δ One or more well-known archangels and ascended masters from eighth density;
- Δ One or more group soul complexes from ninth density;
- Δ One or more group soul complexes from 10th density;
- Δ One or more group soul complexes from 11th density; and/or
- Δ In some cases, a co-creator being from 12th density.

In addition, some souls are being guided by deceased blood family members. If these family members were highly aware and evolved during their Earthly incarnation, then they may assist as sovereign beings from the etheric or celestial planes (5th through 9th densities). However, if such blood family members had a lot of unresolved emotional and mental issues, or were not evolved beyond third density consciousness, then they are likely assisting from a discarnate state in the astral planes, which mean they have limited awareness and ability to assist in your soul evolution.

When you invoke protection, the best practice involves asking that only those energies, entities and thought forms that are 100% of God's Loving Light be allowed in your space. This automatically eliminates discarnate entities that have not evolved beyond third density.

This does not mean that you cannot communicate with departed loved ones who are at a lower vibration. It just means that their energy will have little or no effect on you if they are not sufficiently evolved. You may be called to help their discarnate fragments find their way to the parent part of their souls, which is already in the Loving Light of God. This is called “sending those who have passed on, into the Light.”

All of you have a parent part of your soul that is safely in the arms of God’s Loving Light. You have the ability to bring that parent part of the soul into your physical body while on Earth. Doing so results in what the mystics call “God consciousness.”

It is extraordinarily difficult for most souls on Earth to bring their parent parts into the physical body. For this reason, there are a number of preliminary and intermediate stages often employed by your soul to facilitate the process, such as channeling your Higher Self and utilizing the assistance of the Higher Selves of spirit guides. This includes special arrangements with other souls, in what are commonly called walk-ins and partial soul transfers, topics we shall visit shortly.

In the next chapter, we will go into the differences between discarnate and sovereign entities. For now, think of discarnate entities as pieces of a soul that have fragmented off from the parent part, and sovereign entities as the parent parts of souls that may have smaller fragments elsewhere in the universe. Do not worry about your ability to understand these concepts at this point, as many of these distinctions will become clearer as you go farther into this book.

Replacing Spirit Guides that No Longer Serve You

You have the right, as sovereign souls on Earth, to accept or reject your spirit guides. Sometimes you have well-meaning guides that want the best for you, but are unable to provide what you need for the next steps on your soul path. Perhaps you have outgrown them or are simply moving in a different direction from their areas of expertise.

Benevolent, kind and loving spirit guides might feel a little sad when you first inform them that their services are no longer necessary, but they will not resist or get angry. They understand that they are to go where they are most needed. They are not attached to getting your approval, or the approval of anyone else. Therefore, they will kindly honor your request to step aside and make way for other spirit guides that are more suited to your soul lessons.

In some cases, they might arrange for new guides to take their place. In other situations, you can consciously call in those guides you want to work with. Better yet, ask your Higher Self to assist you in replacing your spirit guides. Use an invocation, such as the following:

I NOW RELEASE MY SPIRIT GUIDES. THANK YOU, BELOVED GUIDES, FOR SERVING ME IN MY SOUL GROWTH. GO IN PEACE NOW, DEAR ONES, TO YOUR NEXT ASSIGNMENT. THANK YOU, BELOVED SPIRIT GUIDES.

Then use the following invocation:

I NOW REPLACE MY PRIMARY SPIRIT GUIDES. I CALL IN THE NEW GUIDES THAT ARE PERFECT, RIGHT AND APPROPRIATE FOR MY SOUL GROWTH, HAPPINESS AND WELL-BEING. COME FORTH, BELOVED BEINGS OF LIGHT. THANK YOU FOR YOUR SERVICE.

If any spirit guides give you a hard time about leaving, then you might need to use a forceful process to remove them, such as invoking white light instead of gold light, and issuing forth a

chant designed to remove all negativity, such as KADOISH, KADOISH, KADOISH, ADONAI TSEBAYOTH. We will talk more about this in the section on dispelling negative entities.

Any time your spirit guides try to force their views or will on you, this is a sign that they are not 100% of God's Loving Light. Always use an invocation in such circumstances, such as this:

I CALL FORTH ONLY THOSE ENERGIES, THOUGHT FORMS AND ENTITIES THAT ARE 100% OF GOD'S LOVING LIGHT TO WORK WITH ME AND ASSIST ME ON MY SOUL PATH. THANK YOU, BELOVED BEINGS OF LIGHT.

Conversely, you can use the following invocation to remove any guides that are not completely of the Light:

I NOW ASK ALL ENERGIES, THOUGHT FORMS AND ENTITIES THAT ARE NOT 100% OF GOD'S LOVING LIGHT TO LEAVE MY SPACE IMMEDIATELY, PERMANENTLY AND COMPLETELY. THANK YOU, BELOVED BEINGS.

Let us now review briefly how to integrate the lower six levels of your being. This channel teaches workshops on this topic in various parts of the world, so if you have a chance to attend in person, we would highly recommend it. We will ask beloved Leah to conduct this segment.

We are the Higher Self of Sal. It has been our pleasure presenting this segment of the program to you. Many blessings.

Healing Your Six Lower Bodies

Greetings, beloveds, this is Leah. Once again, it is our pleasure to spend this time with you. The channel has asked us to speak on the subject of your six lower bodies.

Your six lower aspects include the physical, emotional, mental, astral, etheric and causal bodies. When one or more of these levels is out of balance, illness, disease, confusion, and lack of energy can result. When your six lower bodies are healed, aligned and integrated, you manifest powerful, creative, spiritual energy naturally in both your inner and outer realities.

This channel and his spirit guides, the Founders, have previously given information on the levels of being, but we feel it necessary to revisit this topic over and over again until it is firmly established in your consciousness. Below, we have examined these levels from a slightly different perception than that given in past writings.

Note: In addition to the section below, we have given numerous healing techniques in Chapter 4 appropriate to each of the six lower levels of being.

The Physical Body

The first, and most obvious level, is the physical body. In the past, we have given specific advice on how to maximize the health of the physical body, so we will not go into great depth on this topic. To sum up, the following are the steps necessary for healing the physical body:

Δ Breathing fully, freely and deeply. Engaging in rebirthing, primal therapy, breath of fire, pranayamas, kundalini yoga, or other practices that involve deep breathing. Such activities increase the oxygen in the blood and help push toxic substances out of the system;

Δ Slowing down and taking your time when performing tasks. Taking regular breaks from

repetitive exercise, including frequent breaks from sitting in front of a computer or mobile telephone;

Δ Minimizing time in front of the television;

Δ Living in, or traveling through, areas with a high vibration;

Δ Minimizing time in large cities, especially at sea level;

Δ Surrounding yourself with other souls who are committed to their spiritual path and are vibrating harmoniously with your own soul frequency;

Δ Eating pure, fresh, whole organic foods as often as possible. Your body will vary, but generally eating about 50% raw and 50% cooked food;

Δ Drinking clean, clear spring water, when available, or at least reducing chemical contaminants in your water. Drinking nano-ionized or crystal-configured water with a pH of around 7.5. Distilled water is not recommended, nor is pH 9.5 Kangen-style water. (You can mix half spring water and half Kangen 8.5 if you like.) RO water is better than tap water in most cases, but is not ideal because it is missing minerals;

Δ Exercising regularly, including walking and gentle body movements, such as yoga or Tai Chi. High impact aerobics, jogging, sprinting, and excessive dancing is generally not good for the body (although there are some forms of dance that can be engaged in without limit, such as ethnic folk dances, sacred circle dance, Sufi and dances of universal peace). Kundalini and chaotic meditation dancing, as well as skydancing tantra and similar practices are highly beneficial, but may have limits on duration in any given day. Swimming, bicycling, climbing, gymnastics, weight-lifting, lifecycles, stairmasters, and other athletics can be practiced every day, but in moderation. When your body begins to feel genuinely tired, it's time to stop and give it a rest. Many people obsess about exercise. They are trying to attain the "perfect body," whatever that means. If your workout is less than enjoyable, feels like a struggle, or is not producing the desired results, then you are probably overdoing it. Examine your motivation for working out. The proper purpose of a workout is to increase the flow of energy through the body and to tone it up. It is not to attain some imaginary standard of excellence based on society's projections of what is sexy, strong, or appealing;

Δ Sending love and appreciation to your physical body daily. A good exercise to do first thing in the morning is to stand naked in front of a mirror and send love to every part of your physical body;

Δ Receiving massage, bodywork, Reiki, or other healing arts at least once per month, or more often if you have sports injuries or have suffered an automobile accident in the past;

Δ Doing colonics or detox programs two or three times a year if you tend to get stopped up or have had parasites in the past. Colonics should be done sparingly and with proper preparation, including follow-up with probiotics. If you have taken antibiotics in the past three years, a probiotic regimen is recommended anyway;

Δ Taking supergreen powders (spirulina, chlorella, barley grass, wheat grass, kelp, etc.), and multivitamin and mineral supplements derived from raw organic foods, in powder or liquid form (not tablets or capsules);

Δ Using herbal remedies, essential oils, and other products derived from natural sources;

- Δ Using naturally formulated shampoos and lotions without harsh chemicals;
- Δ Living in buildings made of naturally based materials;
- Δ Living in circular, pyramidal, or dome-shaped buildings, when possible, rather than square or rectangular structures;
- Δ Getting plenty of sunlight, while minimizing the use of sunscreens and tanning lotions (and avoiding tanning booths). One half hour per day of direct sunlight is recommended over at least 60% of your body. Do not get your sunlight through glass. Spending time in parts of the world where there is a lot of sunshine, at least six months out of the year, if you can. Taking at least 2,000 units of Vitamin D3 daily, but not more than 10,000 units, preferably in conjunction with Vitamin K2;
- Δ Minimizing the use of mobile (cellular) telephones, and using a protective screen or filter when possible;
- Δ Listening to melodic, uplifting music;
- Δ Attending live music events, dances and uplifting ceremonies;
- Δ Tuning into nature, watching birds, clouds, trees, and flowers;
- Δ Spending time in gardens;
- Δ Spending time with gentle animals or pets;
- Δ Wearing clothes made from natural fabrics, such as cotton or wool. Avoiding polyesters and synthetics. Allowing your body to breathe. Sleeping naked or with light cotton fabrics. Avoiding bras (women) or neckties (men) when possible;
- Δ Minimizing light and noise during sleep;
- Δ Sleeping on a comfortable mattress;
- Δ Keeping a well-ventilated house, not too dry or moist. Monitoring regularly the amount of molds, fungi, or chemical irritants around you;
- Δ Using natural cleaning products;
- Δ Recycling and using a low carbon footprint;
- Δ Sharing meals with family and friends;
- Δ Having regular potluck dinners. Being in community; and
- Δ Receiving lots of hugs;

In addition to the above suggestions, we recommend avoiding the following:

- *Genetically modified foods (including non-organic canola, soybean or corn oil)
- *monosodium glutamate (MSG) — E621, E622 and E623
- *aspartame, sucralose, and other artificial sweeteners
- *refined sugar (sucrose)
- *high fructose corn syrup

- *preservatives, including most E600 series numbers
- *most E900 series additives
- *fluoride in water
- *mercury in vaccines or amalgam tooth fillings
- *excessive x-rays
- *mammograms, unless you already suspect a problem
- *excessive electromagnetic pollution (living near power lines or mobile phone towers, etc.)
- *discordant music
- *loud traffic
- *bossy and demanding people
- *high stress workplaces
- *lack of sunlight and time in nature
- *anything that makes you feel tired, drained, nervous, anxious, or fearful. That would include most prescription and non-prescription drugs.

Always consult with a healthcare professional before beginning or discontinuing any medication. The use of so-called “recreational” drugs, such as marijuana, LSD, mescaline, psilocybin, ayahuasca, San Pedro cactus, DMT, MDMA (ecstasy), etc., should be confined to sacred ceremonies conducted in the presence of an experienced shaman or medicine person. These substances can be useful in helping awaken certain centers of perception, but it is easy to become dependent on the sacrament, which is called psychological addiction. All of the states attained while using these substances can be attained without them (although it might be more difficult). Occasional ceremonial use can be therapeutic under the right conditions and with the right people. Keep in mind that many of these substances are illegal in most parts of the world, and it might not be beneficial to your physical body to spend your time in a foreign jail or prison (notwithstanding any soul lessons derived therefrom).

In addition to the above, it is important to remember that the physical body generally does not like sudden change. Those of you (including this channel) that travel a lot need to take this into account and be extra good to your bodies. Take a day of rest after traveling before starting appointments or events. If possible, rest the day before travel as well.

Learn to recognize the difference between illness and “ascension symptoms.” Ascension symptoms are sensations and reactions in the physical body due to rapidly increasing vibrations coming into the Earth at this time. Most souls who go to a medical professional after experiencing such symptoms will find that, according to medical science, they are in perfect health. This does not mean you should ignore persistent pain or abnormalities in the body. We recommend using all healing modalities that are available to you, including allopathic medicine. Going to a doctor is appropriate for broken limbs or serious infections. The use of holistic methods prescribed by naturopaths and other professionals are highly recommended, but as always, do not become overly dependent on any one type of practitioner. Chiropractic is often highly beneficial, but it can be over-used and abused. Any good healer will encourage you to heal yourself as much as possible, without becoming overly dependent on him or her.

A list of physical healing techniques can be found in our earlier books, at your local holistic healing center, or online at various sources. We recommend subscribing to the Life Extension program and obtaining their desk reference on natural healing remedies.

Let us now turn our attention to the emotional body, which is the level of self that presents the greatest challenge for the majority of souls on Earth.

The Emotional Body

Probably the most difficult of the lower bodies to heal is the emotional body. This is because emotions tend to be magnetic in nature, and it takes a lot of energy to pull magnets apart. Therefore, if you have negative emotional patterns, they will tend to stay in place unless you put a great deal of effort and attention to healing them. Healing emotions is also tricky because you do not want to dwell on or drown in them. In all our past books, we have mentioned the two steps to emotional healing, and for those of you who are new to our work, let us repeat the formula. Here is the short version:

You must fully feel, experience and express your emotions, while at the same time remaining detached and viewing them from a higher perspective. Those who are unable to detach will often indulge their emotions and get stuck in them. They might be referred to as “drama queens” or “drama kings.” These are the souls that are forever expressing emotions and never resolving them.

“Woe is me. Ain’t it awful. Life’s a bitch, etc.” are the favorite refrains of the emotionally attached. Being around people like this can be very draining, or at the very least, distracting. The whiny tone of voice, as if everything in life is about trying to resolve something, is a trademark of those caught in the web of emotions. There is always a problem to be solved. Never do you witness a day of peace and tranquility. Those stuck in emotions are always waiting for the “shoe to drop.” Their minds are constantly preoccupied with “what ifs.” They cannot go anywhere without doing a million things first, in case something bad might happen. If they call you on the phone, the first 15 minutes involves a list of everything bad that happened to them that day, or they start out crying for no apparent reason.

There is nothing wrong with expressing emotions, if the expression creates a resolution. But without a higher perspective, nothing ever gets resolved. Meditation, detachment, and seeing the big picture are absolutely essential for emotional healing. However, those who get too detached and forget to feel their emotions become the space cadets and ivory tower intellectuals you see so much of in the world. These are the people who talk about emotions, or think about emotions, but never actually FEEL them.

You can analyze life, try to figure it out, predict it, and anticipate it, but if you do not FEEL it, you are not really living. Even many who practice the Taoist arts fall into this trap. They have convinced themselves that they have evolved beyond emotions. Now everything is perfect, clear and calm. But without emotions, life becomes boring and colorless. And sooner or later, their repressed and denied emotions will come to the surface, possibly in embarrassing ways.

Beware of the gurus and teachers who seem to have transcended their emotions. One of our favorite teachers is Krishna. Why? Because he and his fellow merry-makers are always prancing, dancing, playing music and having a good time. They are expressing emotions. Jesus, in the Bible, is reported to have wept and laughed often. Nowhere does it indicate that he was stoic, straight-faced and monotone. Although the chanting of monks can be transfiguring and transformational, some of them have sacrificed a degree of their life force energy in order to be renunciates. We do not understand any religion that involves denying the emotions. In fact, in

this channel's earlier writings with the Founders, he goes into great detail about Luciferianism. The short definition is, "Any religion that makes the emotions wrong." It is remarkable that fundamentalist Christianity bears little or no resemblance to the Jesus in the Bible, who embraced his emotions.

Embracing one's emotions is the first step in healing negative patterns in the emotional body. There is a reason for all emotions, but trying to figure out the reason with the intellectual mind can sometimes make it more difficult to truly understand what is beneath the surface regarding your feelings.

There is a great method for figuring out whether or not you have unresolved emotional issues. If you have a physical body (and we suspect you do since you are using it to read this), then you have unresolved emotional issues. The difference between an emotionally enlightened individual and one who is ruled by his emotions is very simple. The enlightened person identifies with the Higher Self and views the emotions as merely one level of human experience, no better or worse than any other level. The enlightened soul might say, "I am a powerful, creative spiritual being currently experiencing anger," while the unenlightened person might say, "I am an angry person." The unenlightened person sees himself in terms of his anger. To her, the anger is a part of the self, and not just an experience to be felt, understood and released. In other words, she has become identified with her anger.

All emotions involve energy moving through the body. Intense emotions involve intense energy. It is important to simply be aware of the energy and to observe, without judgment, as it reveals itself and what is behind or beyond it. In most cases, negative emotions arise from the belief in separation going back to Original Cause. There are many secondary emotions that seem to hide the root cause. For example, if you feel anger, you might be operating from the belief that someone or something can threaten your well-being. This belief, in turn, comes from the belief in separation. If you know you are a powerful, creative, spiritual being then you know that nothing or nobody can threaten your well-being.

Of course, in this world your body can be threatened, either by natural or man-made disasters, war, pollution, etc. An emotionally enlightened person recognizes this and takes appropriate action to protect the body, without resorting to incessant demands for security, shutting down of one's love and compassion, or living in constant fear of what might happen in the next moment.

The body has its own built-in intelligence. It senses danger more quickly than the intellectual mind. If the emotions are healed, then the psychic senses are very acute and will alert you to possible real danger. Most fear arises not from actual danger, but from old emotional patterns that trigger the fight or flight response in the human organism. Unless someone is pointing a gun at your head, or you have stumbled into a tiger's den, or your boat is sinking in a fierce storm, you are probably not in any real danger right now. Yet you probably have various forms of fear operating just below the surface of your consciousness.

When healing emotions, it is important to be a true scientist. Investigate the feelings. Find out what is generating them. See how they move in the body. What triggers them? What is the relationship between the body, mind and emotions? What belief systems are involved?

We are not suggesting you immerse yourself with intense psychoanalysis, or obsess over your feelings. However, the minute a negative emotion arises, ask your Higher Self to help you understand the emotion. Be with it. Become One with it. Love it. Then let it go and return to your True Self.

Closely related to the emotional body is the mental realm, which we will now examine.

The Mental Body

In our previous books, we detailed the core negative beliefs that give rise to most negative emotions. We offered various techniques for healing core negative beliefs, including hypnotherapy, guided visualization, affirmations, reprogramming the subconscious mind, and more. (We will revisit some of these techniques in Chapter 4.)

The following is a list of the most common core negative beliefs prevalent among humanity. Almost all negative thoughts and emotions arise from these few core negative beliefs:

- I am not good enough.
- I am not worthy.
- I do not deserve to be happy (or have love, or prosperity).
- Something is wrong with me.
- I am not safe.
- The world is not safe.
- Life is a struggle.
- Life is a disappointment.
- There's not enough.
- I cannot have what I truly want in life.

If you look deeply enough, you will see that all of these beliefs arise from the core negative belief in separation from God.

You can observe your core negative beliefs in action, by choosing a situation in your life right now where you are unclear about how to proceed. Pay attention to what you are telling yourself about the situation. See if there are perceptions based on one of the above beliefs. If you are using the word “can’t” frequently, this is a good indication that one of the core negative beliefs is coloring your perception of the situation.

In addition to the various tools and techniques that are given in this and previous works (as well as countless self-help manuals by other authors), it is important to ask yourself the following simple questions. “What would my Higher Self do in this situation? How would my Higher Self respond to this? If I know that I am a powerful, creative, spiritual being, then how will I deal with this?”

The mind has three compartments: subconscious, conscious and superconscious. The subconscious stores all experiences as memories. It is also responsible for various autonomic functions (things your body does that do not require conscious attention, such as beating your heart and circulating your blood). The superconscious receives messages from higher dimensions and translates them for the conscious mind. The mind is like an hourglass, with the conscious mind represented by the narrow middle part. It receives information from the subconscious and superconscious continuously, but can only filter and process a small portion of the information at any given time.

You can think of the subconscious as the hard drive on a computer, and the superconscious as the Internet. The conscious mind is like the viewing screen.

The core negative beliefs are deeply embedded into the subconscious mind of most human

souls. One technique for reprogramming is to turn them around into positive affirmations. You can say the following, but even more powerful is to receive them as autosuggestions during hypnotherapy.

Positive affirmations that counteract the core negative beliefs might include the following:

- I am beautiful, capable and lovable.
- I am whole and complete.
- I am a powerful, creative, spiritual being.
- I love everything about myself.
- I deserve to be happy, healthy and prosperous.
- I am safe in my Higher Self.
- I live in an abundant universe.
- There is enough love for everyone, including me.
- I am doing what I love and getting well paid for doing it.

In addition to practicing the exercises given in Chapter 4, we suggest you read the books that came before this one to get a more complete picture of the mind and how it works. Let us now move on to the astral body.

The Astral Body

In this channel's model system, the astral body is differentiated from the etheric body. Think of the astral as roughly equivalent in vibration to the physical plane, but with aspects above and below the physical vibration. The etheric body, on the other hand, is at a higher vibration than the physical.

The astral body looks like a fiber-optic network of light filaments, stretching out in all directions from the physical body and connecting to every other life form in the universe. Seeing the astral body is proof that we are all connected. This is both a blessing and a curse, depending on your perception, because it means you are connected to all the great master beings of Creation, but it also means you are connected to the darkest consciousness in Creation.

Everyone on Earth is aware, to some extent, of the astral planes, although they may not always be called by that name. When someone says, "She has good vibrations," or "I feel bad vibes from him," that person is tuning into the astral dimension of souls.

There are many sub-planes within the dimension of the astral body. One of these is evident when you are dreaming. Although the majority of dreams belong to the mental body and are merely cases of subconscious "recycling," or working out of daily issues by the subconscious mind during the sleep state, a significant number of dreams involve astral travel.

The astral "dream body" has many abilities that the physical body does not appear to have, such as teleportation, psychokinesis, alteration of time, and more. The astral self is capable of communicating with other astral beings during the dream state. It is possible to actually visit someone in the astral planes while dreaming, and in fact, you and a close friend or family member might share each other's dreams. If you are highly conscious and aware of your dreams, you might remember visiting each other during the dream state.

The astral worlds are similar to the physical worlds in many respects. This channel can draw a detailed map of many astral places that have corresponding physical locations on Earth. In some cases, certain features are exaggerated in the astral state, while others disappear, yet there is a consistency. Every time you visit an astral plane, it will appear roughly the same as in the previous visits.

In the astral realms, time can be expanded or compressed. When time is expanded, a short duration of perhaps an hour in physical Earth time can seem like several days or even weeks in the astral state. It is also possible to experience time compression, where a few minutes in the astral state can correspond to several hours of time on physical Earth.

The astral aspect of your soul can seem to “visit” and “communicate” with you in a manner similar to spirit guides. It is important to learn to differentiate between the voice of your astral self and real spirit guides living in the astral planes.

Once again, practice is the key to recognizing your astral self. It has a unique, but consistent vibration that you will come to know the more you meditate and become aware of your energy patterns.

The upper astral planes are often called the false heavens by some teachers because they are beautiful and seductive to the seeker who is not using proper discernment. Whether it is a visitation from your astral self, or a trip through the upper astral planes, pay attention to what you feel in your physical body after the experience. Also notice the quality of information imparted, if any. If you feel light, expanded and at peace upon waking, or after hearing from an aspect of your soul, then that encounter is likely beneficial (and probably originates from the etheric planes or higher, rather than the astral planes). If you experience shivers or a lot of tingling, and feel edgy, anxious or nervous, you are likely in touch with a level of the astral, even if there are beautiful colors and patterns.

Remember that the astral planes are roughly the same vibration as the physical planes, in terms of spiritual evolution, so you are not likely to make much of an advance on the path by hanging out in the astral realms. Nevertheless, your astral self is a vital part of Creation. It connects you to all things and reminds you that ultimately you are One Being, having an experience as billions of individual souls.

In later chapters, we will discuss several ways of healing the astral body, including additional information about psychic and spiritual protection, and what is really taking place during possession, implants, and interference from negative astral beings.

The Etheric Body

Also called the “body electric” or “electromagnetic body,” the etheric level of the self includes the aura, chakras and meridians, points of concentrated energy located throughout the physical body. Unlike the astral body, the etheric level is consistently at a higher frequency than the physical. While the colors of the astral plane can appear harsh and vivid, colors of the etheric plane tend to be like soft pastels.

The etheric body contains a blueprint of the physical body. Many physical conditions, including illnesses, originate in the etheric body blueprint and then eventually precipitate down into physicality.

As you ascend, the etheric body becomes more and more accessible, until it is the dominant level of expression in your life. The fifth density state of consciousness involves your physical body becoming One with your etheric body. Your physical body then undergoes a transformation, becoming immortal and impervious to the environment. Eventually, as you

continue to evolve into the etheric planes, your body takes on a shiny, crystalline structure. This is why teachers of ascension talk about “building your etheric crystal light body.”

Before the crystal light body can become fully formed, there must already be a great deal of integration among the various levels of the soul. The physical, emotional, mental and astral levels must be almost completely healed. However, you do not need to be perfect in every way in order to ascend. The requirements for ascension have been relaxed due to the current Divine Dispensation (spoken of at length in earlier publications).

There are many techniques for changing the etheric blueprint of the soul. Once the blueprint is reprogrammed for health and vitality, it does not take long for the physical body to respond. This is why energetic healing techniques, such as Reiki, Reconnection and acupressure, are so effective when properly applied.

The etheric body goes out of balance due to traumas from this or past lifetimes. Intense experiences, including accidents, sexual abuse, torture, violent acts, and the like, can imprint themselves into the etheric body as “sanskaras,” eventually affecting all the other lower bodies as well. Therefore, many techniques designed to heal the emotions and mind are also appropriate for healing the etheric body. These include aura clearing, chakra balancing, rebirthing, primal therapy, bioenergetics, Quantum Touch, Theta healing, and more.

Some of these techniques will be described in greater detail in Chapter 4, when we explore specific ways of integrating your soul.

The Causal Body

The sixth level of the soul is the causal body. This body is not well understood by most teachers on Earth. As its name implies, it has a causal relationship with the other bodies, meaning that whatever is configured within its energy field affects all the other bodies.

This explains why there are so many unexplained and unhealed illnesses on Earth. When there is an imbalance in the causal body, it shows up in the other bodies. Therapists and healers often look for the cause of the problem in the other bodies without considering that the root of the problem lies somewhere else.

The causal body is the part of the soul that carries past life memories, karma, soul agreements and contracts, as well as various imprints, implants and other energy patterns. A significant part of the healing of most souls involves resolving karma and past life issues.

We have stated many times that karma is not a “punishment” for past life “sins.” You do not come back and suffer because of something you did in a past lifetime. This is not accurate. There are actually two definitions of karma, one of which is really the law of cause and effect. The law of cause and effect falls into the same category as the third law of thermodynamics in physical science.

You could say that this law defines the consequences of a soul’s actions, but really it is another form of the law of attraction that says, “The energy you emanate and radiate from your being determines the energy that returns to you.” It may not return with so-called equal measure, or according to some time schedule, or in a particular way. However, the reality you experience depends on the state of your consciousness. If you are putting out loving thoughts, you are going to see a loving world, or at least you will see suffering and pain as a request for more love. If you put out loving thoughts, loving people will be drawn to those thoughts and to you. Your loving thoughts will go out as well to those who are asking for love to heal their sorrows. Therefore, you will experience more love in your life. This principle is fairly basic and well understood, but not always practiced daily by seekers of truth.

Obviously the same is true of those who emanate negativity. Sometimes the “karmic backlash” of sending out negative thoughts does not show up as specific physical events directly related to the content of the thoughts. For example, if you send out anger, it might manifest as illness in the body, or a general mistrust of people, resulting in bad business decisions, or something else. Obviously, there can be a “tit for tat” aspect to the law of cause and effect. If you start a fight in a pub or tavern, it is likely that others will fight back. This is a direct cause and effect relationship.

Since the “what goes around comes around” aspect of karma is fairly well understood, we will not spend a lot of time on it, except to give examples periodically when appropriate.

The other aspect of karma is the idea that souls desire to learn certain lessons as they go through their incarnations. If a particular lesson seems to take longer to learn than the life span of the physical body, the lesson will be revisited in the next, or subsequent lifetimes.

For example, let’s say your soul wants to learn all about oppression and control. In order to fully learn this lesson, you will need to experience being the oppressor as well as the oppressed. While it might be possible to experience both of these in one lifetime, often that is not practical. So in this case, you might incarnate in one lifetime as a callous ruler who cares not for his people and subjects them to slavery and dictatorship, and then in another lifetime you may choose to come back as one of those who are suppressed and controlled under such a regime.

Coming back as an oppressed “victim” does not mean you are being punished for your lifetime of living “high on the hog.” It just means that the soul is not finished learning the lesson and wants to experience the dynamic of oppression and control from all possible vantage points in order to thoroughly learn the lesson.

Finally, karma, or unfinished business, can be measured as the amount of soul experience that needs to be forgiven. A person with a lot of unresolved karma will tend to have a lot of resentments and grievances going back many lifetimes. Such a soul may keep repeating the same destructive patterns over and over again, but expecting different results.

As far as illness is concerned, it is our understanding that there are no conditions that cannot be healed. This includes birth defects, chronic illnesses, allergies, asthma, cancer, diabetes (regardless of the type), and virtually any other disease known to the world.

Yes, there may be a soul lesson that needs to be learned that is facilitated by having an illness. Some people born with so-called disabilities are here to teach love and compassion to others, or give them the opportunity to care for the disabled person. In other cases, the disability may have been chosen by the soul in order to give that soul an opportunity to develop other talents and abilities. For example, a blind person may desire to learn how to see clairvoyantly.

Then there are a few cases where the lesson behind the disability is completely learned during a given lifetime, and one then has the capability of healing the condition physically.

While one level of awareness suggests that the best approach is to simply accept things the way they are, that does not mean that health conditions cannot be healed, no matter the nature of the affliction. If you are born with a birth defect, it is best to find out everything you can about it — why it occurred, what the lesson is, and how to move forward along your evolutionary path with or without the birth defect. Be grateful for it, love and accept it, and be open to the possibility that your future soul lessons can be learned without it. Perhaps one of your soul lessons is to learn how it can be healed.

There is a lot more we could say about the causal body, but it is time to move on. Some of the techniques for healing the causal body (explained in Chapter 4) include past life regression, soul retrieval work, timeline healing, and forgiveness.

What Happens When the Physical Body Dies?

This depends on the state of consciousness of the soul prior to death, as well as a few other factors. As we stated before, the soul fragments into many levels and dimensions of space and time. During the death process, part of the soul leaves the body and may return to the “parent” part of the soul who is residing in the higher planes. However, if there is a lot of emotional, mental and astral trauma, some fragments may wander lost and confused in the astral realms. Such soul pieces may appear as ghosts, poltergeists or other apparitions and may frequent places where the soul spent time while living. If there are many unresolved relationships, such fragments may visit the souls who were in relationship with the departed.

A lot depends on how much of the parent soul was present in the physical body before death. Souls that are greatly fragmented during life tend to remain fragmented after death.

It has been said by some seers and visionaries that a large number of human beings on Earth have no soul. That is incorrect. What these psychics are perceiving is a great deal of fragmentation in the less enlightened souls. In effect, only a small fraction of their total soul energy is present in the physical body. A certain amount of soul presence is necessary on Earth in order to keep the physical body alive.

When a soul incarnates on Earth, a significant part of the soul remains in the higher realms as a guide and mentor to the part of the soul experiencing physical embodiment. This parent part of the soul is roughly equivalent to the Higher Self and, for most practical purposes, can be thought of as the Higher Self. From a technical viewpoint, the Higher Self and the parent part of the soul are not the same. The parent part is the aspect of the seventh density self that remains detached from the Earth plane, while the Higher Self includes levels eight through twelve of the total Self.

Generally speaking, the parent part “sends down” enough soul energy to animate the body and activate the emotional, mental, astral and etheric aspects of the soul on Earth. Sometimes during the birth process, the part of the soul immersing itself in the physical body fragments further, causing the appearance of multiple personalities and other disorders. When the incarnating part of the soul is unable or unwilling to come all the way into the body, several manifestations can occur, including epilepsy, autism, mental retardation, catatonic withdrawal, physical retardation, etc. Fragmented souls can, through various processes, accumulate their pieces and fuse them into the main part of the soul experiencing Earth. This process is called “soul retrieval.” Although technically the parent part of the soul remains in the higher realms, the Earthly aspects of the soul can fuse with the parent part and achieve total soul integration while living on Earth. That is one of the goals of this material — to demonstrate how it is possible to integrate all of your aspects and become One with the parent part of the Self.

In order for a physical human to live on Earth, there must be a certain percentage of the total soul energy present in the body. The more soul energy there is in the body, the more health and vitality the body will have and the more successful the soul will be at meeting the challenges of Earthly life.

Once the fragments of the soul begin returning to the parent part in the higher realms, the body begins to wither and die. This explains why so many elderly people who are experiencing declining health begin having other-worldly visions, often of departed loved ones. The elderly soul desires to reunite with relatives and friends that have already left the Earth plane, and this hastens the departure of the elderly soul.

Insurance companies bet their fortunes that long-term married couples will depart within a few years of one another, regardless of their age. Becoming attached while on the Earth plane,

such couples swap soul fragments back and forth, and when one person dies, many of the partner's soul fragments go with him or her. This decreases the life force energy of the partner remaining behind on Earth and often causes rapid deterioration in the health of the remaining partner.

Sudden deaths are the most difficult from the point of view of soul integration. Although the parent part of the soul may often foresee an unexpected death, the personality (ego) rarely does. Therefore, during a sudden death, large fragments of the soul may split off and go in different directions, depending on the method of death. The aspect of the soul embedded in the personality (ego) does not like sudden change and may have a very difficult time coming to terms with what has happened.

It is not uncommon for several large fragments of such a soul to wander around the Earth plane for months, and sometimes years, looking for the parent part. It is often helpful, when someone has died violently or suddenly, to attempt communication with these lost fragments and send them into the Light.

Usually, a soul cannot reincarnate until there are a sufficient number of fragments returned to the parent part in the higher realms. However, in the turbulent astral regions surrounding the Earth, there always seem to be exceptions to the rule. Souls who manage to reincarnate while still in a highly fragmented state may come back with a lot of emotional and psychological problems that seem to have little to do with that soul's upbringing in this life. If the soul originally departed the Earth through an accident in his last life, the reincarnated soul may be accident-prone and constantly having mishaps. This is because the original event was not healed and the parent part of the soul keeps bringing this to the attention of the fragmented part that has reincarnated.

The parent part of the soul in the higher realms has a great deal of knowledge and wisdom, but this awareness is not complete. The parent part cannot foresee every possible twist and turn in the life of its Earthly extension. Although it may offer a great deal of help and support to the Earth-bound parts, there will be numerous instances where it is unable to be of much help. This is one of the reasons for multiple levels of spirit guides and helpers.

Generally speaking, souls who depart the Earth plane will go to places that have a similar vibration to what the soul was experiencing on Earth, in terms of state of consciousness. In other words, a kind, loving and compassionate soul will go to a kind, loving and compassionate realm in-between lifetimes. Or rather, the part of the soul that leaves Earth upon the death of the body will reunite with the parent part in a loving, compassionate realm.

If there is a great deal of negativity in the departing soul, the fragments that depart may have trouble reuniting with the parent part. Those fragments will go to a level of the astral realm that outpictures the emotional and psychological difficulties the soul experienced on Earth. This is where the ideas of purgatory and hell come from. The soul is still learning, even though he or she no longer has a physical body.

The parent part of the soul will usually do everything it can to reunite with the fragmented parts, but integration is very difficult if the Earthly life just experienced was harsh, negative and full of violence. The parent part of the soul, in such cases, will desire to continue the Earthly experience in the hopes of resolving many of the issues. Therefore, the fragmented pieces may gather themselves together sufficiently to reincarnate, but the drama continues in another body.

It generally takes three to five Earth years minimum for a soul to reincarnate after leaving the physical body. If there are a lot of unresolved issues, it may take longer. It is rare for souls to remain discarnate for more than 20 years if they have unresolved lessons or residual karma from

their most recent lifetime.

To the discarnate soul, time is very different. Several years on Earth may seem like only a few weeks to a soul who is in-between lifetimes.

If a soul has completed essentially all of its lessons on Earth and then chooses to leave the body, such soul will reunite with the parent part and go to a higher celestial plane, the true Heaven spoken of in scriptures. Such a process is called “spiritual ascension.” In this case, there are no longer any separate fragments roaming around the universe. All pieces have been collected from all time frames and dimensions, and the whole, complete soul is now reunited in the higher planes.

The soul then has the option of once again splitting part of itself in order to come back into a physical body, but this time it is entirely voluntary, since there is no karma to resolve. Such a soul may choose to come back to Earth to assist other souls in reaching an ascended state. This includes many of the teachers and wayshowers of the current age.

Coming back to Earth after spiritual ascension does not automatically guarantee that there will be no fragmentation or new karma. As you know, life on Earth can be very difficult and there are lots of opportunities to fall back into duality and darkness.

Involuntary Reincarnation

From an ultimate standpoint, there is no such thing as an involuntary soul decision, but from a human perspective, it seems that you have no choice about reincarnation until you reach a state of ascension. You can liken this to the law of gravity. It appears you have no choice, when in a physical body, but to be part of the law of gravity. However, if you learn how to escape the gravitational field of the Earth, you realize there are higher laws that supersede gravity. Until you ascend beyond fourth density, you will experience being subject to the law of reincarnation. Once you learn all there is to know about the fourth density, you will be able to enter realms beyond that are not subject to reincarnation.

Theoretically, you can experience everything your soul wants to learn about the outer worlds in one lifetime. Ideally, you would keep your physical body for as long as you need it and then either take it with you into the higher dimensions, or lay it aside. However, as you know, in the lower worlds, the second law of thermodynamics influences your ability to keep your body youthful and healthy. In other words, things wear out and eventually die in the lower worlds unless you infuse them with enough spiritual energy from higher dimensions to recharge them repeatedly.

In times past, on certain worlds, it was possible to keep the physical form for thousands of Earth years, but in today’s world it seems a challenge for most souls to stay in the same body for more than 100 years.

The greater your awareness as a soul, the faster you tend to learn your soul lessons. Most of you spent numerous lifetimes learning about war, poverty, struggle, sacrifice, oppression, control, slavery, and other forms of misery. Eventually you began to realize that, from a higher perspective, these things are meaningless. They are based on the illusion that you are separate from God and can be assailed and assaulted from outside of yourself.

Once you begin to realize that you have been caught up in illusions, you also become aware that you have built up a large momentum of negative experience due to the length of time you have been descended into darkness. Therefore, you begin the seemingly long and arduous process of overcoming these lifetimes of negative karma.

Eventually, you work through the majority of your negative lifetimes and balance your karma

sufficiently to get off the wheel of reincarnation. Through forgiveness, kind deeds, love and compassion, you stop creating more karma and become a positive force for change in the world. At this point, you are free to move on into other realms and dimensions of experience. However, your great love for humanity, and compassion for the suffering of souls, will likely cause you to stay with the Earth, rather than going somewhere else. Let us look at this choice more closely.

Voluntary Reincarnation

In order to transcend a law, such as reincarnation/karma, you must understand it thoroughly and discover its limitations and how to break out of them. In other words, you must invoke a higher law that supersedes the law of reincarnation/karma. Once you reach a certain level of awareness, you discover that love, service, compassion and forgiveness are the tickets out of the maze of involuntary lifetimes.

You reach a point in your evolution where you learn to ascend spiritually, going into the celestial planes after your Earthly incarnation and evaluating whether or not you want to come back to Earth voluntarily.

In most cases, you choose to come back because you see your loved ones suffering and uncertain where to go or what to do. You know that you are needed to help bring Light to a world still mostly in darkness. If you are reading this, chances are you came back to Earth voluntarily to assist souls in awakening from the dream of duality.

In fact, most of you are what is termed “starseeds.” This means you have had the majority of your incarnations on other worlds, in various levels and dimensions, and already know all about peace, prosperity and joy. After all, you have spent a lot of time in worlds free of war and suffering. You are now here on Earth to bring the knowledge and wisdom of how to live in harmony to a struggling humanity.

Your first priority is soul integration, because you know that a whole, complete, integrated soul is all-powerful, all-wise and all-loving. You know that your Light is vast and magnificent and can change the world. This is not the Messiah complex of the ego, thinking you can wave a magic wand and the suffering will disappear. This is not grandiosity, or trying to prove yourself. This is knowing that you are the Gandhis, the Martin Luther Kings, the Buddhas, the Mohammeds and the Christs, of this world.

Voluntarily reincarnating is not without its challenges. Those of you who consciously came to Earth often may have become impatient with those who are still stuck in the modes of duality. You perhaps forgot that a soul in the early stages of evolution does not believe there is a choice about what to experience and whether or not to come back into embodiment over and over (assuming they are even aware of reincarnation to begin with). Souls who come back to Earth voluntarily are more likely to remember their past lifetimes than those who are stuck on the wheel of karma. You may even remember ascending spiritually at the end of one or more of your past lifetimes.

In most cases, it is easier to recall what you have done on Earth than it is to remember your other-worldly lives. To some extent, this forgetting is intentional. Starseeds tend to feel as though they do not belong on Earth, that they are outsiders — weird, unusual, or misfits. They feel somewhere else is home, yet they usually cannot put their finger on where. If they were to remember everything, it might be hard to remain on Earth because they would probably miss their soul family and friends from other places.

People frequently ask this channel where they are from. You are from God, you are from the universe. Most of you have lived hundreds, if not thousands of lifetimes on different planets and

dimensions throughout the galaxy. Some of you have had lifetimes in other galaxies. A few of you are experiencing your first lifetime on Earth, but the majority have had dozens of lifetimes here, including being alive during the ending of major civilizations such as Atlantis and Lemuria.

Your DNA is a composite of every place you have been as a soul. Contained within what your scientists call “junk” DNA are the configurations of Pleiades, Arcturus, Sirius, Andromeda, Orion, and many other star systems. As you ascend, you will begin to remember your lifetimes on the planets associated with these and other stars.

Spiritual Ascension

Technically, spiritual ascension occurs when you have completed your Earthly soul lessons and decide to leave your body and go into the higher realms. This has been the preferred mode of exit from the Earth plane for teachers, mystics, sages, gurus, priests, yogis, and the like. Once free of the Earth plane, you have the choice to either reincarnate voluntarily, remain in a discarnate state and serve as a spirit guide to other souls, or continue your evolution into higher dimensions.

As part of the third option, you can reincarnate on another planet vibrating at a higher density, in which case you might manufacture a body, or come into an existing form through a process known as “walking in.” Because your soul is fluid, flexible, and capable of fragmenting into many parts, you might choose a combination of these options. Part of your soul may choose to become a spirit guide to a struggling soul on Earth, while another part might choose to incarnate on a fifth density world in the Arcturus system. Perhaps a third part will spend time in the higher realms with members of your soul family.

Subsequent to spiritual ascension, you can choose to keep all your parts together and become a higher-dimensional sovereign being, such as an ascended master in the celestial planes. This affords you the opportunity to assist multiple souls in many different realities, levels, planes and dimensions simultaneously.

Many times, ascended masters will serve as guides to those Earth-bound souls who are nearly complete with their karmic lessons and are preparing to spiritually ascend. On rare occasions, ascended beings will incarnate voluntarily into Earth with their whole being intact, in order to be an even greater influence on awakening Earth-bound souls. Such beings often become the luminaries and visionaries of a given era on Earth.

Physical Ascension

Until recently, it was extraordinarily difficult to take your physical body with you into the higher realms. Now, because of the current Divine Dispensation (spoken of at length in previous writings), it is possible for millions of evolved souls to move directly into the Light without going through the death process. One advantage of this method of ascension is that you can continue to interact with the beings of Earth, but you are no longer bound by Earthly laws. Another advantage is that you do not need to reincarnate in order to re-experience Earth. As you know, reincarnation is arduous because you must learn to walk and talk all over again and try to remember what you have learned prior to the new lifetime. So a great deal of energy, at least in the first part of your voluntary lifetime, is spent relearning what you already knew in your past lifetimes.

In order to physically ascend, you need to have most, if not all, of your fragments integrated. Your parent soul needs to be embedded into your physical body sufficiently to regenerate the

systems of the body faster than they are deteriorating from the second law of thermodynamics.

About three-tenths of one percent of humanity is on the path of physical ascension (that's roughly 1 in every 300 humans). Being on this path does not automatically guarantee success. It is still possible to fall into duality, get in an accident, or somehow cause your physical demise. However, if you are truly committed to physical ascension, you will accomplish it in this lifetime, even if your present physical body is in its eighties or nineties.

There is nothing wrong with choosing spiritual ascension instead of physical ascension. You may decide it is too difficult to resurrect your present physical body, especially if it is currently sick and deteriorating. But do not fall into the belief that you are powerless to decide your fate. You are still a powerful, creative, spiritual being even if your physical body has not yet been cleared all the negative karmic patterns of multiple lifetimes in darkness.

There are many techniques to help you achieve physical ascension. Keep in mind, however, that this is a normal, natural part of soul evolution and, therefore, you do not need to actually learn how to physically ascend. You do, however, need to remove all of the obstacles you have placed in the way of embracing your normal, natural, evolutionary process. This channel leads periodic workshops on physical ascension and we recommend attending one when he is in your area.

If you focus on bringing the higher frequencies into your body and recharging it continuously, you will draw those techniques, methods, workshops and people into your life that will catalyze your ascension process.

We are Leah, along with the Galactic Confederation. We hope you have enjoyed this segment on the six lower levels of being, and have a better understanding of what happens after the death of the physical body. We now turn you over to the Higher Self of this channel for a wrap-up of our first chapter.

In Summary

Greetings again, beloveds. This is the Higher Self of Sal speaking.

Chapter 1 has covered a lot of topics that were explored in previous writings. For those of you that have read the books prior to this one, we apologize for any redundancy. However, you will note that most, if not all, of the material presented in this first chapter is worth reviewing. Also, you will see that many of the subjects were investigated from a slightly different perspective than in times past.

For those of you who are new to this material, we have given a lot of ideas and concepts in this first chapter, so let us summarize the most important points.

The soul is both a whole, complete entity unto itself, and at the same time consists of many pieces, or fragments, existing in various levels and dimensions of time and space. From a nonlinear point of view, all these parts exist simultaneously, but in linear time, it might seem that you have some pieces of yourself stuck in the past or future, or on distant worlds or other dimensions. Soul integration is the art of bringing all of your parts into alignment so they can work together as One Being. The reason this is desirable is because you have great power and ability to create the world you truly want when you are whole and integrated. Although you have been given free will, your will is not really free unless you have freed the parts of yourself that have been stuck in duality and on the wheel of reincarnation.

The following chapters will go into detail on many of the soul configurations you may encounter along your journey, and will provide insight and healing for those energy patterns that

are no longer serving you on your journey. We look forward to helping you in your quest to integrate your many parts.

We are the Higher Self of Sal, and we send you blessings.

Chapter 2

Soul Mates and Twin Flames

Greetings, once again, dear ones. This is the Higher Self of Sal. Soul mates and twin flames are subjects that most of you have asked about at one time or another.

You might think there is a simple answer to questions regarding soul mates and twin flames, but that is not the case.

Relationships are the spice of life for the evolving soul, and if they were easy and simple, you would not continue to grow and evolve. You would not be challenged to go deeper within yourself and discover where you have been blocked, where you have given away your power, and where you have fragmented yourself.

The possible configurations of relationships are incredibly complex. The reasons for this will become clearer once we differentiate between soul division and soul fragmentation. Again, this is a topic we have covered briefly in other writings, but now it is time to go into more depth.

Soul Division

In the beginning, there was God/Goddess/All That Is, the sum total of all Creation. The Creator desired to experience itself as individualized parts, and so it divided itself into many souls and other life forms. These parts were holographic imprints of the original Creator. In other words, they were not fragmented, but wholly integrated souls emerging out of the Godhead. You can liken this to biological reproduction, where cells split and divide into separate organisms, which then become sovereign beings. These beings then separate and divide into more sovereign beings.

In the case of souls, everything operates on a base-12 system, meaning that the normal configuration of soul division is into groups of 12. Think of it this way: Mother/Father God divided itself into 12 parts. These 12 parts divided themselves into 12 additional parts, making a total of 144

parts. These 144 parts then each divided themselves into 12 additional parts, making a total of 1,728 parts. Each of you, as sovereign beings, are part of a group of 12 souls that were born out of a parent soul, which we call an “oversoul.” That means there are 12 souls who all have the same oversoul, who emerged from the same parent being. (Note: Here, our use of the word “parent” is not to be confused with the “parent part of the soul in the higher realms” discussed in Chapter 1, although in both cases, they refer to a larger part of your Self in the higher realms.)

From your level of differentiation, you have five levels above you, and six lower bodies below you. Levels seven through twelve involve soul division. If you look upward along your family tree or lineage until you reach level 12, you find the original souls that emerged from the Godhead.

Put another way, since your souls are level seven, there are five levels of souls above you, between you and the Godhead. You could reason, then, that there are 12 to the fifth power number of souls in the universe. This would not be correct, even though it makes perfect sense.

As with most of Creation, there are variations on a theme. Some souls currently existing on Earth have divided more times than other souls. It is possible for souls to divide without

dropping down to the next lower level of vibration.

You have direct lineage souls, where each time the souls divide, they drop one level in vibration. You also have a type of division that branches out within the same level. To keep things simple, we will not give separate names to these types of soul division.

In past writings, we may have implied that each division caused a drop of one level in vibration. While this may have been so initially (near the beginning of soul individualization millions of years ago), it is no longer the case. For example, you might have 1,728 seventh density souls who originated out of 144 seventh density souls, who originated out of 12 seventh density souls, who originated out of one eighth density oversoul.

The eighth density oversoul, known as Lord Sananda (the oversoul of Jesus), has divided three times. Now there are 1,728 souls who have Lord Sananda as their direct oversoul. This partially explains why so many souls identify with Jesus and even believe they were Jesus in one of their past lifetimes.

If a soul has not divided between incarnations, you would say that you are a direct incarnation of the previous lifetime. If there has been a division, you would say that the being from a previous lifetime is in your direct lineage. In the case of Jesus, there are 1,728 souls who have Jesus in their direct lineage. Souls who divide and emerge from an oversoul are whole, complete, sovereign beings, created as holographic images of the Creator. Just because they are born out of a higher order being does not make them any less a creation of God than the first beings who emerged out of the Godhead billions of years ago.

Due to the fact that this is a difficult subject to explain in Earthly languages, we are going to repeat what we said earlier, so please bear with us.

The souls that emerge out of the oversoul, and the oversouls that emerge from the monad, and the monads that emerge from the Christic or Buddhic Self, and the Christic or Buddhic Selves that emerge from the Individual God Self, and the Individual God Selves that emerge from the Universal God Self, are members of a direct soul lineage. Souls that emerge out of the oversoul are said to be members of the same soul family. Those 12 souls that emerge at the same time from the oversoul are said to be primary soul family members. Souls emerging from the same monad, but from different oversouls, are said to be secondary soul family members. Normally there are 144 secondary soul family members. Souls emerging from the same Christic or Buddhic Self, but who emerged from different monads, are said to be extended soul family members. Normally, there are 1,728 extended soul family members.

In addition to your direct lineage, you can actually have other lineages, depending on how the souls originally emerged. This can be a bit confusing to human minds that are used to the concept of a single family tree. In this case, souls can divide horizontally as well as vertically, meaning that the oversoul can divide into 12 souls more than once, and the 12 original souls who emerged from the oversoul can, themselves, divide 12 more times. This means you can have 144 souls originating from one oversoul. This process can be repeated a third time, meaning you can have 1,728 souls from a single oversoul.

How and when do souls divide?

If the division is vertical, meaning within a direct soul lineage (as defined above), then the division happens when the oversoul, in conjunction with the Godhead, desires to expand itself outward into the universe. Because this is a free will universe, there is no preset time in which this takes place. It could happen once every million Earth years, or ten million, or hundred million.

If the division is horizontal, meaning that multiples of 12 souls originate from the same

oversoul repeatedly, then this process will occur when the original 12 seventh density souls have reached a level eight consciousness. You could say that they are given the choice as to whether or not to remain single sovereign entities, or divide themselves into 12 new souls. While this is not entirely accurate, it is close enough for now.

Do not despair if this seems confusing. It will make more sense once you reach a level seven consciousness. Essentially, we are planting seeds in your mind that will have meaning at a later time. Nevertheless, this discussion has some value at the present time, as it acts like a catalyst to move you forward on your path.

Differences between Division and Fragmentation

Soul fragmentation involves only the individual souls who have emerged out of the oversoul. Fragments are, by definition, not whole, complete and sovereign souls. They are pieces of an individual soul that have “broken off” from the parent part of the soul for various reasons. If the reason for the fragmentation is so that the parent part of the soul can remain in the higher realms while the fragments go out and explore the lower realms, then this is said to be voluntary fragmentation. A fragment that embodies into a human form to experience Earth or another lower density planet is called a primary fragment.

If the fragments were split off from the parent part of the soul through trauma, intense intimate relationships, violence, emotional attachment in families, during the death of the physical body, or some other ego-based dynamic, then the fragments are said to be involuntary, or secondary fragments. Soul fragments can travel through time, space and other dimensions, depending on the size and energetic matrix of each fragment and the purpose of the fragmentation. They can attach themselves to other parent souls, or even other fragments belonging to different souls. Later, we will examine particular relationships whereby soul fragments have split off from the parent piece and have attached themselves to other souls or soul fragments.

There is no direct relationship between soul division and soul fragmentation. One does not tend to cause the other. Nevertheless, there are some similarities between the two. While soul divisions are complete holographic representations of the Creator as it differentiates down through the levels, soul fragments retain some holographic characteristics, while lacking others.

For example, fragments have a degree of consciousness. In other words, they are aware of themselves. In fact, because they belong to a parent part of the soul, they are linked to that part and have access to the knowledge, memories and experiences of that part. They might even believe they are that part, especially if they have been brought up in a society that does not believe in the existence of extra-sensory abilities or extraterrestrial lifetimes. If you believe your human self and ego/personality is all there is, you might also believe that your primary soul fragment is all there is. You would then have a hard time believing that you are a vast, creative spiritual being with a parent part in the heavens.

Theoretically, soul fragments have access to the consciousness of other fragments belonging to the same parent part, but in practice, this awareness is rarely demonstrated. However, this means you can vacillate between various aspects of self, or in a sense, change personalities. What is actually occurring is that the ego/personality is changing its identification from one fragment of the soul to another.

The ego/personality is an illusory construct and has no actual existence in the ultimate sense. However, the ego can identify with the primary soul fragment associated with the physical body, or it can identify with other secondary fragments. In a so-called “normal” human being, the ego

identifies with the primary soul fragment embodied on Earth. Souls are capable of integrating their fragments at any time, for any length of time. Temporary enlightenment experiences (“satoris”) occur when various fragments of the soul align themselves with the parent part, or when the primary and secondary fragments become quiet enough to allow the ego/personality to identify with the parent part of the soul, or when the ego/personality diminishes itself sufficiently to allow the parent part of the soul to enter into the physical body more completely.

A fully integrated soul will have a parent part directly in alignment with the primary fragment on Earth. The ego/personality will be subordinate to the parent part and primary fragment. Think of those Russian dolls that are embedded within each other. The smallest doll is like the ego, the doll surrounding it represents the primary fragment, and the doll encompassing both of them symbolizes the parent part of the soul. There will also be a larger doll encompassing all three, which represents the oversoul, and a larger one than that, which symbolizes the monad, etc.

Oversouls

Oversouls reside in the eighth density of Creation, one level above the individual souls. Although individual souls seemed to originally emerge from the Godhead at a level seven vibration (often called the “home” level), they actually emerged with a built-in lineage. From a linear perspective, you could say that they split off from the Godhead through 12th, 11th, 10th, 9th, and 8th levels before experiencing themselves as 7th level beings. However, from a nonlinear point of view, they emerged as level 7 beings and simultaneously divided from the higher levels in the manner described previously.

We apologize for the difficulty in explaining soul division, since your Earthly languages have no words to adequately describe the actual process. The best analogy we can use suggests that you are like the leaves on a tree, your oversouls are like the smaller branches, your monads are like the larger branches, etc., all the way to the trunk of the tree, which is like your universal God Self.

Individual seventh density souls who have completed their journey into the lower worlds are free to evolve beyond level seven into level eight, the realm of the oversoul. They will experience a sense of merging back into the oversoul, but in reality they have become their own oversouls and are now capable of birthing additional sets of individual souls. As these oversouls work their way up through the group soul complexes of the higher dimensions, their capabilities as creators become more and more vast and universal. When they reach level 12, they are called “Creator Gods” and are capable of birthing not only level 11 individual God Selves, but entire universes, each with billions of galaxies.

According to our teachers, the Founders, there are over 100,000 Creator Gods who have created new universes. Some of them are similar to this universe, and some are vastly different.

As the Founders have repeatedly stated, you are already whole, complete, 12-dimensional beings, from a nonlinear time perspective. Within linear time, you are fourth density beings working your way up through the various levels and dimensions of time and space.

The potentiality of your 12th dimensional self lies far in the future, from a linear perspective, but you are already a vast, whole and complete being, functioning in all 12 dimensions, from the perspective of the eternal NOW. Therefore, you are already capable of creating the universes of which we speak.

Let us bring you back down to the soul level, since there is much for you to understand there before you can actualize (or realize) your abilities as a Creator God.

As an evolving Earth-bound soul, your oversoul will seem to communicate in a manner

similar to one of your primary spirit guides. It might feel like you are in touch with an elder family member, or wise being similar to your Higher Self.

The oversoul gives birth to six twin flame pairs of individual souls. At the same time, there is a parent part of the oversoul that remains in the eighth density. You could say that each individual soul has the same eighth density self. These 12 souls are members of a group soul complex, known as the oversoul.

When do souls divide? What triggers soul division? These decisions are almost always made in the higher realms between the oversouls and their parent part, the monad. When it has been determined that the monad has learned all it can possibly learn from its present situation in relation to the lower worlds, and new experiences are desired, the monad then wills itself into divisions, which become oversouls, in order to more fully experience the lower realms.

When each oversoul desires a more intimate experience of the lower worlds, it divides into the six twin flame pairs of individual souls.

Imagine having 12 arms instead of two. You have a marvelous object (analogous to the lower worlds) that can only be understood if you feel it from 12 different angles. You have the ability to grow 12 arms, right on the spot, and begin exploring that object. If you have seen the deities of certain religions that have multiple arms, you should be able to visualize this. Each of these “arms” is now immersing itself in one aspect of the object being explored.

Typically, one member of a twin flame pair will incarnate into the lower worlds, while the other member remains behind in the higher realms as a spirit guide to the incarnated soul.

The decision for oversouls to divide may be triggered by the times in which a planet is immersed, such as Earth at the end of one age and beginning of a new age. This partially explains why there are so many souls on Earth at the present time. Another reason for the recent explosion in population is that a lot of beings from all over the universe wish to experience life on this planet during the shift because they are curious as to what is going to happen, or they feel called to assist those who are struggling.

Group Soul Complexes

Individuality, as you know it, occurs throughout the first seven levels of Creation. In fact, your true essence is your individual seventh density soul. This is your “spark of Divinity” that is there when you strip away all the levels and dimensions of outer reality.

Beyond level seven, a very different progression of evolution takes place, one that is difficult to describe in Earthly language. This is the primary reason there are so few teachers exploring this topic and writing about it.

You have had a few references to the oversoul, such as in the Jane Roberts/Seth material, and a few stories and narratives that mention the oversoul in passing. You also have some channels who describe their entities as “collectives” or “group soul complexes.” We are going to take an in-depth look at group soul complexes at this time and hopefully shed some light on this mysterious topic.

The main reason for the confusion is thus: Your linear minds are used to thinking of reality in three levels, which we are going to call conformity, individuality and unity. In third density humans, the dominant reality is one of conformity. You conform to certain beliefs, systems, prejudices, and lifestyles. When someone differs from the norm, they are considered weird, eccentric or even crazy. The advantage of conformity is that large numbers of people are easy to control and direct, which is sometimes beneficial (but usually not).

The next level is individuality, which has come to mean doing whatever you please whenever

you please. In fact, this has also been the unenlightened definition of free will. People tend to stay stuck in the level of individuality because they are afraid that if they move into unity (the next level up), they will lose their sense of freedom and variety. They view unity as sameness, rather than a greater freedom. In essence, they are confusing unity with conformity.

This is related to the idea of surrendering your individual free will to God's Will. First of all, the word "surrender" conjures up images of waving white flags and having an enemy take you over and force you to do what it wants.

Even if you get over that inaccurate idea of what is meant here, you will still likely have programming from your lifetimes as a conformist. Giving up your individuality will bring up the fear that you are regressing back to your time of conformity.

The idea of becoming One with God has a similar image associated with it. Here, it appears you are being asked to merge your highly creative, individual self into an amorphous mass of sameness called God.

While there may be unified souls who are doing the same thing in the same way, they are anything but conformists. They have simply chosen to work together to achieve goals and visions that are difficult to achieve individually.

Unity is the level right below group soul complexes. Within unity, there is diversity and individuality. Within a group soul complex, there is unity, diversity and individuality. Each member of the group is a free will, sovereign entity. However, such a group has chosen to put minds and hearts together in a synergistic way that transcends the unity experienced on Earth. It is as though the group has one mind and one heart, even though each member has full autonomy and free will.

Think of the closest knit family you can possibly imagine, and then think of something a hundred times as close-knit, and you will get an idea of what a group soul complex is like.

To be part of a group soul complex, you must be able to telepath and intuit the needs of the group in a way that goes far deeper than simply anticipating the needs of others, or even having compassion for others. While love and compassion are automatically part of group soul complexes, they are like basic building blocks.

As you grow and evolve and return to your true essence in seventh density, you will begin to experience the beauty and majesty of group soul complexes. You already have one group firmly established and that is your soul family. Sometimes, when deep in meditation, you may be able to tap into them and feel a profound sense of family, of oneness, with each of the members.

Take a moment right now to simply become aware of your soul family in the higher realms. Notice that they are monitoring you and loving you from a place deeper than your heart and vaster than your mind. Know that you have never actually left your soul family; you are merely having an experience of duality on Earth while still safely tucked within their wings.

As you evolve into 9th, 10th, 11th and 12th densities, group soul complexes will become a way of life, and you will realize, on a much deeper level than you do now, what Oneness is all about.

How do you tell the difference between a group of souls and a group soul complex when communicating with beings from higher dimensions? This is not an easy question to answer when you first start opening up clairvoyantly, except that most group soul complexes will identify themselves as such, and often will not give the individual names of members. This channel's spirit guides, the Arcturians, are an example of a group soul complex. They always come together to speak with the channel and they do not refer to themselves by individual names. Of course, they will address themselves as "we," "our" and "us," but there are other

multiple member groups that also use those words, and in fact, we, the Higher Self of Sal, also use those words (due to the fact that we are several levels and dimensions of Sal's aspects, rather than one).

As you come to know your own aspects, and start getting to know your immediate spirit guides and soul family, you will experience the differences we are talking about. They are energetic in nature, not something easily conceptualized. Do not fret if you feel unable to connect with your own soul family or other group soul complexes. The very fact that you are reading this indicates that you are beginning to pull in the energies and intentions that are necessary in order to have these experiences.

Ask your Higher Self to reveal the truth of what we are speaking about. Ask to have a direct experience of the various levels of Self. Then become quiet and allow these energies to enter your being.

Once again, it has been our pleasure to introduce these ideas. We will be visiting them many times in the chapters to come. Now, to speak on the subject of twin flames, is the twin flame of this channel, beloved Leah.

We are the Higher Self of Sal. Many blessings.

Twin Flames

Greetings, dear ones, this is Leah. It is again a pleasure to speak with you. We have been with you all during the segments by the Arcturians, Founders and the channel's Higher Self.

We will speak now on a subject dear to the hearts of the channel and mine, and that is the topic of twin flames.

First of all, let's start with a few facts about twin flames that will hopefully set some rumors to rest. Yes, you only have one twin flame, and no, your twin flame is in all likelihood not on the Earth. Of course there are exceptions, and approximately 58 twin flame pairs are both on the Earth at the same time right now, according to the Akashic records. We would say there are probably 58,000 pairs of souls on Earth right now who believe they are twin flames, but are mistaken.

This in no way invalidates or subtracts from the beauty of loving relationships. On the contrary, many of these relationships involve deep soul connections, and lots of them were orchestrated by the twin flames of the partners involved.

There are many types of relationships on Earth, as we will be looking at shortly. Many of these involve a very deep, intimate connection with souls from the same or similar soul families. In some cases, partners were brought together with a lot of intensity because that is the only way the souls involved would make a commitment to each other. Commitment in relationship is not always a good thing, but often it is necessary in order for couples to learn soul lessons that they could not easily learn by themselves.

The reason that so few twin flames are on the Earth at the same time is very simple. Because life on Earth is inherently difficult, and it is so easy for souls to lose their way, most human beings on Earth need a strong incentive to grow and evolve, and someone very close to them to help them along. Having one member of the twin flame pair in the higher realms ensures that both souls will not get stuck in a seemingly endless cycle of reincarnation.

Before we go too far down this road, let us accurately define "twin flame." In the beginning of souls' emergence from the Godhead, as they worked their way down the lineage of differentiation described earlier, they reached the level of the oversoul. In most cases, the

oversoul divided into six twin flame pairs, which became 12 individual souls.

Your twin flame is the other soul that emerged when you did. Does every soul have a twin flame? Actually, no. There are a small number of souls who did not divide in the normal manner, but retained both polarities of themselves within one being. Usually, twin flame pairs will be male and female. Sometimes, however, the male and female aspects will be in a single soul. Other times, there might be male-male or female-female twin flames. In rare cases, you might have triple souls — three souls that emerged at the same time from the oversoul. But 99.9% of the time, you emerge as a twin flame pair and one of you remains in the higher realms while one goes to explore the lower worlds.

Sometimes the partner remaining behind in the higher realms descends as far as level six, the causal planes, but more often he or she remains in levels seven or eight. In a few rare cases, the higher dimensional partner will be at level nine.

What determines the level of your higher dimensional counterpart? That is a complex question. There are probably as many answers as there are souls. A few obvious explanations include the following: Twin flames in levels eight or nine have chosen to evolve up the spiral of evolution beyond home level seven. Many twin flames in levels six and seven have chosen to delay their evolution into levels eight and nine because they are dedicated to helping their counterpart in the Earth plane. It is much easier for twin souls to communicate if they are within two levels of each other's vibration. (If the Earth-bound soul is in level four and the counterpart in the higher realms is in level six, communication is possible.)

Some twin flames in the higher realms are simply not ready to move beyond levels six or seven, particularly if they have unresolved issues from past lifetimes when they were incarnated in the lower worlds.

A significant number of higher-dimensional counterparts have never incarnated below sixth density. I, Leah, have been to level five, but never to levels three and four.

Some twin flame pairs have swapped roles, meaning that the counterpart currently on Earth or another lower density world was previously in the higher dimensions, while the one currently in the higher realms was on Earth (or a similar planet).

When are twin flames together? From an ultimate point of view, they are together all the time, but obviously it does not seem that way from the point of view of the Earth-bound soul. Most twin flames spend time together between incarnations, or in out-of-body experiences, deep meditation, or the dream state. Occasionally, both members will be in the same dimension at the same time (usually level six or higher), depending on what each individual soul wishes to learn.

Eventually, all souls become evolved enough to go into whatever level or dimension they desire, in which case you are free to spend time with your twin flame, or not. For the sake of simplicity, we will say that the minimum requirement for “unlimited access” to your twin flame is a level six consciousness.

On planet Earth, there are a lot of built-in restrictions to prevent premature contact with twin flames. These conditions are designed to help souls focus on their life purpose and mission. Your soul agreed to these boundaries prior to incarnating here. The most common safeguard is orchestrated by the parent part of your soul. Essentially, your soul agrees to keep you away from open contact with your twin flame until you have evolved sufficiently to be able to handle the emotional ramifications of such contact. Many relatively unevolved souls would drop everything and seek immediate exit from the body if they were given the chance to communicate with their twin flame in the higher realms. At the very least, they would lose interest in continuing on their Earthly path, and might spend every minute of the day pining for their cosmic counterpart.

If such lesser evolved souls are having difficulty with Earth lessons (and they usually are), then they now have two reasons to want to leave the Earth. First, they begin to remember that life in the higher planes is free of suffering. Second, they remember the joy of union with their counterpart. What they experienced then was certainly more desirable than the constant suffering that seems to accompany Earth life.

Because Earth is a free will planet, the primary fragment of souls can refuse to observe the safeguards inherent within the current system. In addition, some twin flames miss their Earth-bound counterparts so intensely that they may insist on coming to Earth to find their partner. Once in a while, the Earth-bound soul tries desperately to persuade his or her counterpart in the higher realms to incarnate on Earth and succeeds in getting the counterpart to come here.

In the rare instances where twin flames do meet on Earth, the relationship is almost always extremely difficult. First of all, both partners will likely be enmeshed in other relationships prior to the encounter. Due to the highly intense nature of meeting your twin flame, it becomes difficult to conduct so-called “business as usual” on Earth.

Because the parent part of the soul does not condone twin flame meetings on Earth, such higher aspects of the self do not orchestrate the meeting and prepare the individuals beforehand. In a sense, the twin flame pairs are on their own and are not receiving help from their soul family members. (Of course, their soul family members love them deeply, as they shake their higher dimensional heads in disbelief at what is happening.)

Another reason twin flames rarely meet on Earth is that the oversoul that comprises the six twin flame pairs usually wants to have a diversity of life experience from the six members who are embodying on Earth, so each of those six members will tend to incarnate into widely different parts of the Earth, in varying circumstances. So it is rare for primary soul family members to meet each other, and even more rare if they are twin flames.

Most soul mate relationships on Earth are between secondary or extended soul family members. Nevertheless, these relationships can be quite intense and beautiful and are often mistaken for twin flame encounters.

What makes this more confusing is that oftentimes twin flame counterparts in the higher realms will “channel” through a number of different souls on Earth, and therefore, have some of their energy embedded into those various Earth-bound souls. If the Earthly counterpart to the twin happens to meet one of these channels, there is the opportunity to talk directly to the counterpart. If the Earth-bound soul is not aware of what is happening, he or she might mistakenly believe that the channel is the counterpart. If the Earth-bound soul is sufficiently evolved, the higher dimensional counterpart can channel through his or her human body.

For example, I, Leah, work with over 100 souls on Earth in addition to this channel. If he were to meet one of those 100 souls, he might, if he were not already channeling me and were not aware of my role as spirit guide in the higher dimensions, mistakenly believe that he had met me, since my energy is in those other souls (to some extent).

Of course, the next best thing to meeting your twin flame would be talking to him or her through another human being who is acting as a channel or vehicle. While this is done periodically when it is determined that this would benefit the evolving Earth-bound soul, there are dangers involved in this form of twin flame encounter.

If an Earth-bound soul prematurely meets his or her twin flame when the higher-dimensional counterpart is channeling through another human being, this could trigger the same deep longing that would occur if the counterpart had contacted the Earth-bound soul directly. That could be detrimental to the Earth-bound soul’s progress, for the reasons discussed above.

In summary, remembering your twin flame can be shocking if you have not evolved sufficiently, especially if you have been asleep and dreaming of duality for a long time. This is because the sudden remembrance can bring up an intense longing to be with the twin flame. This longing can take the Earth-bound soul away from his or her Earthly responsibilities. Now the Earth-bound soul no longer wants to live in the world, and can think of nothing else but the counterpart in the higher realms.

“I can’t wait to get out of this hell hole called Earth so I can be reunited with my twin flame,” he mourns and laments. Not only is the love between them so intense that they are unable to concentrate on Earthly matters, but along with the intense love often comes a remembrance of what the higher dimensions are like — free of war, poverty, suffering, etc. This doubles the longing, since most Earth-bound souls who do make contact with their twin flames have evolved enough to be “sick and tired” of the drama of duality.

Please excuse us for repeating this idea, but we want to be sure you understand what is involved in meeting your twin flame.

In order for communication with a twin flame to be a beneficial thing, the Earth-bound soul must be evolved enough to recognize the gravity of commitment to his or her mission on Earth, and must patiently await a future time of twin flame reunion. Highly evolved souls on Earth will communicate with their twin flames only when it assists their mission on Earth. Such is the case with this channel. I help him when he needs help, but he rarely asks for my help directly. Instead, he channels my wisdom for the benefit of others, as he is doing now.

His purpose is to help bring Heaven to Earth, and that is my purpose as well, and the purpose of my assistants from the Galactic Confederation. We are a group of souls, not a group soul complex, and we do have individual names. We remind the channel of his mission, should he forget, but we do so gently. He is aware that he cannot fully embrace me emotionally, but he allows me to help orchestrate his Earthly relationships. Of course, the counterpart in the higher realms is not allowed to interfere with free will. There may be requests made by the Earth-bound soul that the higher realm counterpart will not consent to, especially if it is evident that granting such a request would be detrimental to the Earth-bound soul’s growth and evolution.

Once a soul evolves to level five consciousness, it becomes possible to meet the higher-realm counterpart directly, if the counterpart is in level six. When the souls are two or more levels apart, it is more difficult and that is usually when telepathic contact is established. Therefore, if you have evolved to level five and your twin flame is in level seven, you will likely begin communication on a telepathic level, or perhaps in the dream state or in meditation. When you reach level six, you will have the opportunity to meet face to face if it is for your highest and best soul growth.

Due to free will, souls do not all evolve at the same rate and in the same way. That would be quite boring indeed. A few souls will be able to reunite with their twin flames in this lifetime. Regardless of whether or not you are able to reunite, the focus of your life should be the same — growing and evolving into higher planes of consciousness. The twin flame adds a little extra incentive if you establish contact in a healthy manner.

Should you stop having human relationships and wait for your twin flame? Absolutely not. I would be very concerned if this channel were to lose interest in human companionship because he is waiting to reunite with me. In fact, I take great joy when he is able to connect with other souls on Earth. We do not have jealousy, envy, attachment or possessiveness in our realm. When one soul loves another, it increases the love for all of us. We feel the joy when you come together with loved ones on Earth. We want you to explore the many facets of human

relationship. We do not want you to be fixated on being with us.

Primary Soul Families

If you are among the 99.9% of souls that emerged in the usual way, you have five other souls from your primary soul family residing on the Earth, and six members of your primary soul family in the higher realms. These higher-dimensional soul family members are guiding you, whether or not you are aware of this.

If you have the ability to sense the presence of your spirit guides, you will note a very great difference between the way soul family members feel energetically, versus your regular angelic spirit guides, when you communicate with them.

Primary soul family members literally feel like a long-lost family, or a distant family that you once held far closer than anyone in this world. If you are aware of their presence, you feel like you are in a close-knit group no matter what is happening in your world. You never feel alone or lonely. You sense there are a group of beings very similar to you, watching your various interactions in the world — in a good way, not intrusive or invading. You may even sense that you can communicate with them periodically, as if reporting back to them what you are finding on Earth.

Not all mental illnesses are what they appear to be. Talking to the voices in your head might be communication between you and soul family members. As you evolve, you will come from an other-worldly reference point more and more often — the reference point of your soul family in the higher realms. You become a member of a scouting team observing Earth from the higher planes. You are no longer identified with your Earthly role in life, but have integrated your desire to escape the Earth plane and return to the higher realms. You realize that your role is to bring the higher realms to the Earth plane — to infuse the Earth with spiritual energy from your soul family and spirit guides.

As stated earlier, primary soul family members rarely meet their Earthly counterparts. All six of you are scattered around the world, in vastly different places and circumstances. This is how it was intended to be, in order for the oversoul to gain the maximum amount of Earthly knowledge possible. However, primary soul family members do meet on occasion, and when they do, intense relationships can form, usually rife with problems.

There are only a few thousand primary soul family members who have met each other on the Earth plane since human beings began incarnating here. If you do meet a primary soul family member and are able to get through the difficulties spoken of previously, you might notice how uncanny your similarities are. It is as though you are seeing yourself in another body, and in a way, you are. Of course, there will be differences due to your programming and conditioning, and sometimes these differences will be so great that you will not recognize each other as soul family members.

In the days ahead on Earth, meetings between primary soul family members will become a bit more common, especially when two or more members have evolved into fifth density. Once souls reach a certain level of evolution, it no longer matters where they are on the Earth, or with whom. The lessons are learned and they are free to come and go as they please.

Secondary Soul Families

As mentioned previously, there are normally 144 members to a secondary soul family. Secondary soul families may have the same master oversoul, or monad, in level nine, or they

may have divided twice and have the same oversoul in the eighth level. You usually have 72 secondary soul family members on Earth (including you) and 72 members in the higher realms. In a few cases, some of your secondary soul family members might be on lower density worlds other than Earth. However, because Earth is going through a major transition at the present time, most, if not all, of your secondary soul family members will be on Earth or in the higher realms surrounding Earth.

Unlike primary soul family members, secondary souls do frequently meet one another on the Earth plane. Almost all of you reading this have met at least two or three of your secondary soul family members. Some may be in your blood family as parents or siblings, and one or two may be in past or present romantic relationships. You might also have a close friend or two who are members.

How can you tell them apart from ordinary soul mates? That depends on your level of awareness. If you choose to do self-exploration with each other, you might realize you have had numerous past lifetimes together and that you have been with each other in the higher realms many times as well. Although your Earthly lives may be very different, you will discover you have a lot in common. It will seem as though you are extensions of each other, often completing each other's sentences, or simply knowing what each other is feeling or thinking, even if you do not seem particularly telepathic outside the relationship.

Some secondary soul family relationships can be karmic and some can be co-creative (topics that will soon be discussed). Many are difficult, but there are also some that seem unusually easy and smooth, compared to most of your other relationships. The details of coming together with secondary soul family members are often orchestrated by your Higher Self and primary soul family members, as well as your twin flame. You may meet in the most unlikely of circumstances, with great odds against developing a relationship, yet here you are, together in a most wonderful way.

You will always feel close to secondary soul family members, even if the relationship breaks up or one of you leaves the physical world through death. If certain family or friends come to mind while reading this, you can be assured that those are secondary soul family members.

Remember that secondary soul family members sometimes have the same oversoul, but always have the same monad. This means that you will be drawn to many of the same experiences and will often feel a resonance with the same teachers, or similar spiritual paths. The best place to meet secondary soul family members (if they are not already in your blood family or close friends) is at metaphysical churches, meditation circles or other spiritual groups that you feel naturally drawn to. In the coming years on Earth, we anticipate a lot of spiritual communities forming that will be composed largely of secondary soul family members.

Extended Soul Family Members

Branching out from your Christic or Buddhic tenth density self, or two divisions from the original monad, or in some cases, three divisions from your oversoul, are your extended soul family members, usually 1,728 in number. You will undoubtedly meet many of these people during your present lifetime. They might be members of an intentional community, church or fraternity. They could be relatives, aunts, uncles, friends of friends, etc. In some cases, they might be your husband or wife, or a close friend. While the connection is not as deep as secondary soul family members, there is still a sense of being soul mates, of having similar soul paths, and of sharing past lifetimes together.

How do you tell the difference between an ordinary soul mate and an extended soul family

member? This may be difficult, but the biggest difference is as follows. Soul mates often have a lot of variation in tastes and preferences, while extended soul family members have a lot in common. Soul mates can be complementary, meaning that one person's strengths are the other's weaknesses and vice versa. Extended soul family members, on the other hand, are usually strong and weak in the same areas. Intimate relationships based on soul family lineage tend to be a bit more difficult than complementary relationships due to the fact that both may be "down" at the same time, while in complementary relationships, the partners usually alternate their "ups" and "downs." Soul mates often learn their lessons at different rates and in different ways, unlike extended soul family members, who are often moving through the same experiences at the same time. We will have more to say about soul mates shortly.

Soul Lineages

This is another topic that confuses a lot of people on Earth. The reason, once again, is that your whole self, which began a long time ago in a simple sovereign state, has divided and fragmented many times over millions of years. The divisions have become the soul family members you know and love, as well as the ones you have not yet met, at least on the Earth plane. Many of the ones that divided before you have become your "upline," and are given names such as oversoul and monad.

Your direct lineage are the souls from which you emerged in the beginning, but you have other lineages that arose when major fragments of your soul identified with great teachers and leaders. Just as your gurus and sages (especially in the eastern world) have specific lineages on Earth, a similar arrangement exists in the cosmos. (Keep in mind, beloveds, that this in no way implies superiority or one-upsmanship among teachers or students. That is entirely an Earthly concept born of ego. In other words, your teacher's teacher is no better than your teacher, etc.)

One of your well known lineages on Earth involves a series of teachers who brought Kriya yoga and other breath meditations to your planet. This is an indirect lineage, involving Babaji, Lahira Mahasaya, Sri Yuteswar and Paramahansa Yogananda. We call them indirect, because they are not direct soul divisions of one another.

You also have off-planet lineages, such as Lord Melchizedek, the high priests of Melchizedek, and the general priests of Melchizedek. In the higher realms, these great beings of Light do not use titles — they are merely for your convenience.

Direct and indirect soul lineages may intertwine a bit, meaning that some of the souls in a particular outer lineage of teachers may be members of the same secondary or extended soul family, while others are not.

This channel has studied extensively with Thoth and Enoch and is a member of both of those lineages. Thoth is associated with his oversoul, and Enoch with his master oversoul or monad.

You have a lineage whenever one or more of your major soul fragments is attached to a particular line of teachers or beings of Light. If these beings of Light are truly evolved, loving and compassionate, the lineage may be of great benefit to your soul evolution.

As with Earthly lineages, you might outgrow some of your relationships with these beings and need to break any contracts or agreements you have with certain teachers within the lineages.

How can you tell who and what your lineages are? Any teacher or structured group of beings, whether on Earth or in the cosmos, that you feel deeply drawn to, have kinship with, or feel like family with, can be a lineage for you. Once you learn to access the Akashic records, you can find out a lot about your lineages. In the meantime, you can ask a teacher, or your own Higher Self, to reveal your lineages to you.

When you have major fragments of your soul identified with these lineages, you are capable of creating alternate “selves” that are members of these organizations. This channel has had an aspect of self that is a member of Thoth’s sacred alchemy group, and an aspect of self that is a member of Enoch’s priesthood. In addition, he has a minor aspect associated with the Order of Melchizedek and is a priest in that order in this lifetime.

This idea is really not that far-fetched. In the outer world, you might have an “alter-ego” involved in a fraternity or group that for all practical purposes seems like a separate personality from your regular worldly aspects. Take the Freemasons, for example. Some of your world leaders have one image, or worldly self, that they project to the world, and then a “secret” self that engages in rituals (whether Light or dark) as part of a fraternal group. Their membership in such a group does not mean that they consciously know and understand everything about the group. Their egos may be blissfully unaware of the Light and dark aspects existing at other levels of the group.

Many Lightworkers on Earth may have joined the Order of Melchizedek without fully understanding the group to which they belong. This spiritual lineage has members from over 1,000 star systems, some of which overlap with the Galactic Confederation, another group of souls from over 1,000 star systems, of which we are a part.

You, as a sovereign soul with many divisions and fragments, may have “selves” resident within several organizations. You might be a student of Lord Melchizedek, a member of the Galactic Confederation, a participant in the sacred rituals of Thoth, a representative of the Order of Metatron, a Lightworker for the Order of Elohim, etc.

If you fully understood how vast your soul is, this would not seem unusual at all. Your little human self, the part you are aware of with your conscious mind, is a tiny part of Who You Really Are. As you integrate the various fragments of your Self, you will come to appreciate, every moment, how magnificent you are.

A lot of souls mistakenly believe they are the reincarnation of some of the lineage teachers. While this is not an accurate perception, it is understandable why they would think this. A part of the Earth-bound soul is embedded within the teacher or originator of the lineage, so in essence, they share a part of the Oneness of all Creation. From an ultimate standpoint, we are all One, with One Lineage, the Lineage of God. From the soul’s viewpoint, however, there is identification with whatever being or beings the soul has put its focus on. In other words, part of the soul merges and blends its energies with the teacher or originator of the lineage and experiences, to some degree, what the teacher or originator is experiencing.

This channel had an experience many years ago where he was Jesus on the cross, leaving his body and sending love and forgiveness to his persecutors. It was not just an image, or pretending to be in Jesus’ shoes. It was an actual experience. A part of his soul had projected itself into the body of Jesus and was feeling the pain and ecstasy of transcending the torture and abuse that the physical man Jesus suffered at the hands of those who felt threatened by his teachings.

You can project a part of your soul energy into any being, at any time, for the purpose of experiencing what that being is going through (with proper permission from the other soul). This can have tremendous advantages in understanding your soul lessons. It can also have significant detrimental effects if you become attached to that being in an unhealthy way.

When your soul projects a part of itself into the being of another soul, that part can become a “lost fragment” unless it is retrieved and brought back into the parent part of your soul.

Many of you have projected fragments into the souls of loved ones and have merged and blended a part of yourself into these other souls. If you do this with beings that have long

departed the Earth plane, perhaps thousands of years ago, you might erroneously conclude that you are the reincarnation of those souls.

Direct reincarnation implies there have been no soul divisions of the beings involved in the various lifetimes here. In a technical sense, you could say that to be a direct reincarnation of someone who lived on the Earth before, your parent part, or at least the primary soul fragment associated with Earth, must be transferred from the physical body of the departed soul to the new physical body of the incoming soul.

You can see how your language makes it difficult to describe the mechanics of soul transfer. That is why we have devoted an entire section in the next chapter to this subject.

To prepare you for that discussion, let us remind you of why there is so much complexity when examining the mechanics of the soul. You have your own Self, complete with 12 dimensions of existence. Then you have all the various divisions and fragments, including the parent part, which is the largest fragment or, you could say, the main piece that the fragments have broken off from, and then you have all the other souls in Creation, with their multidimensional selves, divisions, fragments, and such.

In this chapter and the next, we will look at many of the various relationships possible between souls, given the complexities described above. We urge you to read slowly and absorb as much of this as you can. This is not easy material. Do not become discouraged if you have a hard time with some of these concepts. Many of the ideas presented herein will help you to integrate your soul. If, however, you encounter a subject that does not resonate with you, just read about it and then let it go. If your conscious mind cannot grasp some of the material, rest assured that another part of you will understand.

Before we move on to the variety of unusual relationships that often exist between souls who have fragmented, let us visit the subject of soul mates in more depth.

Soul Mates

Souls that have affinity for one another, regardless of their position within the emergence of souls, are said to be soul mates. You can have any number of soul mates. This term has been used interchangeably with twin flames and soul family members, to the point where it is a source of much confusion. We are using a very general definition, which is as follows: Soul mates are any two or more individual souls who feel an affinity for one another, or feel connected on a soul level. Although they are usually portrayed as romantic partners, family members, friends and even business associates can be soul mates.

Perhaps the British word “mate” is more appropriate here than the idea of a monogamous, committed or married couple. Think of “soul friends.”

Every human being on Earth has many soul mates. These are those people, in addition to twin flames and soul family members, that you are naturally drawn to and want to spend time with.

There are a little more than seven billion souls on Earth at the present time. It stands to reason that you could have thousands of people that you feel an affinity with. Some of you have similar astrological configurations, some met in past lifetimes, and some just have similar interests. The reasons behind the affinities are endless. We suggest you not spend too much time trying to figure out the reason for your attraction to one another, but simply enjoy the energy between you.

Soul mates can involve karmic relationships, complementary pairs, or kindred souls (people with a lot of similarities but not necessarily part of the same soul family). Souls with an affinity may come together in one lifetime when they are not particularly far along in their evolution,

accrue a lot of karma, and then make an agreement to complete their karma in a future lifetime. Complementary souls may recognize the benefit of being together because they help complete each other, in a healthy way. This is not to be confused with the codependent idea of the “other half.” This old idea of how to find fulfillment in a relationship is based on the ego’s belief in being incomplete and needing someone outside of yourself to fulfill you.

True complements naturally assist each other in completing their soul missions on Earth, without the emotional attachment and possessiveness of codependent couples. Recognizing that you are part of a complementary pair can be helpful as long as you do not become overly attached to one another.

Kindred souls may come together for specific reasons. You find them often in business partnerships and casual friendships. They might join forces specifically to work on humanitarian projects or other causes designed to help enlighten the planet. They work well together because of their affinity on a soul level and because they do not usually have a lot of the unresolved karmic issues that often affect those with a deeper soul connection.

In other words, because they are not as deeply connected as most members of soul families, it is easier for them to focus on their co-creative endeavors.

All Human Beings Have Souls

We briefly touched on this subject in Chapter 1. There is no such thing as “soulless” entities in human bodies. The human body cannot remain alive without a certain minimum amount of soul energy embedded within it. Albeit, the amount of soul presence might be very small, perhaps just enough to keep the vital organs functioning.

The prana, or life force energy, only animates the physical body if there is soul energy present. The soul directs conscious energy in and out of the body. Much of this direction may be coming from the parent part in the higher dimensions, but an extension of that energy will protrude out of the higher realms and into the human body as the primary fragment. In other words, the parent part of the soul remains in the higher realms and may project only a tiny fraction of itself into the body. It may appear to others, in this case, that such a being has no soul.

Soul fragments from various other souls might dominate the consciousness of some humans. If the parent part of a soul is being eclipsed by soul fragments from other souls, it might seem that such a human being has multiple personalities, or is psychologically unstable.

Many souls are completely or partially possessed by the soul fragments of other souls. This means that the fragments of other souls have embedded themselves so deeply within a particular human being that they are now dominating the consciousness of that soul’s ego/personality. The parent part of that soul has temporarily lost touch with the body to which it was originally assigned. We will explore the ways this can happen and its various configurations in the next chapter.

Soul Agreements and Contracts

Just as you have contracts and agreements between Earth-bound souls, complete with a whole legal industry of lawyers, judges, paralegals, counselors, and such, so too, you have contracts and agreements at the soul level.

The degree of energetic intensity present when souls make agreements and contracts determines how easy they are to hold, and how difficult to break. Contrary to some teachings,

there are no karmic overlords enforcing soul agreements and contracts. The only guardians of karma we are aware of are those beings who monitor the use of free will and help ensure that the free will of souls is not being violated. Such guardians are also tasked with implementing Divine Dispensations. Of course, there are many spirit guides helping souls understand the consequences of forming or breaking soul agreements and contracts.

Any soul agreement or contract can be broken, although it might be very difficult in some cases. The purpose of agreements between souls is simple. There is power in numbers. Whenever two or more are gathered, there is a synergistic effect that is possible if the two are focused on creating something together.

Many times, souls make a pact that they will stay together forever. This comes from a misunderstanding of the nature of the universe, since all souls are forever intimately connected anyway. However, due to the belief in separation, souls often go to great lengths to keep their awareness of their connection with one another. When feelings between souls are strong, they might want to consecrate their union with ritual and ceremony. Such rituals can survive the death of physical bodies and be carried as etheric imprints and causal body energy patterns into subsequent lifetimes.

If you had a promise with another soul to meet in the next lifetime, the promise may or may not be kept. If you are able to meet in the next lifetime, there may be a sense of duty or obligation to each other that has been carried through on the etheric and causal levels. Although ultimately there is no penalty or punishment for breaking such contracts, the souls may believe something bad will happen if they do not stay together, and this can become a self-fulfilling prophecy. Such is the power of belief. Fear might be thrown into the mix if something happens to threaten the agreement or contract, along with guilt and shame if one of the parties breaks the contract.

Why would you want to break agreements with other souls? Not all souls grow and evolve at the same rate. If you have moved along your path faster than someone you are “obligated” to, then that person is essentially holding you back on your soul path. We see this over and over again when working with this channel and counseling couples. One partner is moving forward along the spiritual path, while the other partner seems stuck in an old pattern and refuses to budge.

Due to the love they have for each other, the soul moving forward might delay his or her soul growth in order to wait for the other one to catch up. Occasionally this might work, but very often the soul who refuses to grow will drag the other one down until both become completely miserable. If she is the one growing spiritually, she may become resentful that he keeps invalidating her experiences and not sharing her spiritual insights, and he might become angry that he is unable to live up to her expectations or understand her strange behavior. A power struggle ensues and harsh words are exchanged, resulting eventually in a breakup of the physical relationship, often with deep hurts and pain.

Soul agreements and contracts are energetic patterns created through mutual consent by two or more souls. It is not enough to merely state that such contracts are effective, or null and void, as the case may be. There must be an energetic activation, in the case of firming up an agreement, or a forgiveness and release, in the case of letting go of an agreement.

The fastest way to break agreements and contracts is through forgiveness and release work. It is important to realize that love and compassion are not dependent upon whether or not you keep agreements and contracts. You can deeply love another while breaking any contractual agreements you have made.

Unlike the business world on Earth, it is not necessary for both parties to agree to have a soul contract voided. If one soul is certain that the agreement or contract is holding him back on his soul path, then even if the other soul does not agree with this assessment, there is no karma accrued if the first soul breaks the contract. However, if the first soul has unresolved emotional, mental or other issues with the second soul, then the first soul needs to heal and release those unresolved issues.

To reiterate, it is common, between two souls, for one to evolve more quickly than the other. When two souls come together and form a contract when they are vibrating at a similar level, and then they diverge in terms of level of vibration, the soul farther along on the path may desire to break the contract with the soul who is lagging behind energetically. The reason for this is obvious — the laggard soul is holding the other one back from spreading his or her spiritual wings and soaring into higher dimensions.

There is no inherent karma in breaking the agreement unless the more evolved soul harbors guilt and shame, in which case these feelings must be healed, released and integrated. Sending love and compassion to the laggard soul is often the highest possible option for the more evolved member of the couple. The soul who has the greater commitment to spiritual growth can urge the other to make the same level of commitment, but free will has many twists and turns. The laggard soul may have a strong outer desire to grow and change, yet still seems to struggle with inner demons and seemingly impossible barriers.

Most souls have had hundreds, if not thousands of lifetimes, with dozens of highly traumatic experiences. It is difficult for us in the higher realms, and especially so for those of you on Earth, to fully comprehend all the factors that go into the behavior and experiences of souls. Simply releasing all judgment toward the laggard soul goes a long way toward resolving the karmic contract.

Karmic energy may not be released even if the contract is broken, as long as there are resentments and grievances being held by the one breaking the contract.

Secretly holding resentment toward your partner because he or she is not “making the grade” in effect holds you back on your path. Remember that you can love each other and be eternally One, no matter what outer experiences you choose.

Some Remarks about Marriage

Earthly marriage is a contract that falls into this category of karmic agreement. Although some marriages are matters of convenience, and the piece of paper, with its legal ramifications, matters very little in the cosmic sense, the energy put into the ceremony and ritual of marriage, and the belief systems that accompany it, contribute a great deal to the strength (or weakness) of the contract. Ultimately, all contracts and agreements are energetic. Any certificates or ceremonies are merely outer representations of that energetic bond. You can file divorce papers, sign them, and still be married energetically. Conversely, you can have your marriage papers intact and be energetically divorced.

Marriages are not always confined to “until death do us part.” Sometimes, couples have a strong intention to be together forever throughout eternity. That intention may be triggered from the minute the couple meets in a future lifetime. This partially explains why some couples come together in this lifetime and feel as if they have been married for many years before they even sleep together.

It is our recommendation that you align your inner and outer interests before you engage in any type of marriage. That means that if you feel a deep, energetic, spiritual connection with

another and have a strong soul desire to celebrate your coming together through the ritual of marriage, you need to take your time getting to know each other on the physical level first. Ultimately, you have an eternity to enjoy each other's company, so there is no rush to get married. Having a deep soul connection does not mean you can effectively live together, for the reasons we have already discussed.

If there is an imbalance between the energetic relationship and the outer arrangements, then you are likely to accrue unwanted karma by getting married. From a spiritual standpoint, love is the only real reason to get married. If you are signing papers out of convenience, for money, because one or both of you is insecure and lonely, to please the parents or society, or for some other reason, you are most likely not honoring your spiritual path and are therefore accruing negative karma.

Sooner or later, such a marriage of convenience will manifest negative consequences, either in this lifetime, or in a future one. This is because you are tying each other to identification with the outer world, rather than using your relationship to support each other's spiritual growth.

The purpose of all enlightened relationships is to inspire, enrich and encourage each other to grow and evolve. There are many ways for souls to grow that can only be accomplished through relationship. As stated earlier, there may be a time for solitude and isolation, but sooner or later you will need to enter into relationship in order to continue on your path.

If you are receiving guidance that it is time to enter into a long-term, committed relationship, through the process of marriage, it is important to frequently ask your Higher Self to bring you someone who is truly for your highest and best soul growth, happiness and well-being. Although there may be thousands of potential partners for you, it is not always easy to "hook up." The soul's journey is long and complicated, from an Earthly point of view, and waiting a few years for both of you to be ready, is not really much of a wait in the grand scheme of things. So in other words, be patient and enjoy your alone time prior to meeting.

If you are already married, but do not feel it is a "match made in Heaven," then you might need to break the contract at some point. Again, ask your Higher Self to let you know when the time is right to move on. It might be immediately, but more likely there are things to complete first. Ask to be shown what you need to resolve in order to move forward in the highest and best way.

Regardless of the outer form of the relationship, whether living together, separating, or joining with new partners, you can love each other unconditionally. If feelings other than unconditional love arise each time you think of your partner, you still need to forgive and release past karmic issues before you can truly move on. In Chapter 4, we have given an excellent forgiveness process to help you release and integrate unresolved issues in your relationships.

Types of Soul Relationships

We are going to take a look at the various types of relationships typically entered into by souls on Earth. You will likely see yourself in here somewhere, possibly in more than one of these descriptions.

Karmic Relationships

In the previous section, we gave some examples of karmic relationships. Let us now approach the subject from a slightly different angle.

The most common type of soul relationship on Earth involves karmic agreements. A karmic contract between two or more souls includes lessons each soul desires that can best be learned by being in relationship with each other.

Such relationships usually begin with an initial attraction (in a past lifetime), often sexual, and the desire to get to know each other deeply. Then, because almost nobody on Earth is completely healed, issues arise between the souls, and these issues are not resolved within the physical lifetime of the relationship. The couple (or other configuration of souls) then resolves to meet in a future lifetime to continue working through the issues that arose during their first lifetime together. Some of the core issues between the partners might take several lifetimes to work through.

Karmic relationships are not always between souls who have known each other in previous lifetimes. A soul may, for example, desire to learn about love and compassion (after many lifetimes spent in darkness, anger, revenge, etc.) and may, at the first available opportunity, attract someone who is well versed at love and compassion. If the soul that is brought into the relationship is at roughly the same level of vibration as the soul that called him in, then this is a karmic relationship. However, if the soul versed in love and compassion is primarily in the role of teacher to the first soul, then this is a specialized form of karmic relationship known as student-teacher, or teacher-student (which we will talk about in a moment).

In regular karmic relationships, there is a lot of teaching and learning going on constantly between both parties, yet one soul is not clearly and consistently in the role of teacher or student to the other.

An example of a karmic relationship might be a father and son who, in a past lifetime, were enemies on the battlefield. Perhaps the one who is now the father killed the one who is now the son, in a past lifetime, and now the one who did the killing has come back as the father in order to right his perceived wrong. If you were to put the soul lesson in words from the perspective of the son, it might sound something like this: “You killed me in that lifetime and now it is important to work through the karma accrued as a result of that action, so you will be my father and take care of me and nurture and love me in this next lifetime.”

Keep in mind, dear ones, that this is not a “tit for tat” punishment situation. Nobody is holding a gun to your head and demanding retribution or reparation for what was done in a past lifetime. This is simply two (or more) souls agreeing to balance their karma by resolving an issue from a past lifetime. In this case, there was likely guilt on the part of the father, and since he has not yet healed and released it, he needs to play out the resolution of his feelings through love for his son.

If the souls enmeshed in a karmic relationship believe in tit for tat, or revenge and betrayal, or any other ego-based negative pattern, then they might think they need to get even for what the other did in a past lifetime, or right a perceived wrong in some way. Groups of souls also fall into this pattern of duality, and so do entire countries. On your planet, the Israelis and Palestinians have been at war for a very long time, as have various other religious groups. Until both sides in these conflicts realize that tit for tat locks you into the lower dimensions, and they grow tired of these childish games, war will continue off and on until the vibration of Earth becomes too high to continue it. If such souls still refuse to let go of their grievances, then they will likely incarnate on a different planet that is still set up to accommodate souls who wish to wage war.

How do intimate relationships cause soul fragmentation? How do people “take on” karma?

All relationships involve exchange of energy. This is true no matter what the level of awareness is between the partners. If the energy is expressed concisely and with full attention

and acceptance, no karma or “unfinished business” occurs. Each exchange is whole, complete and appropriate. You could say that the relationship is clean and clear.

If negative emotions are carried on the energy exchange, there is the potential for taking on that energy and carrying it within your etheric field. If either of you are in denial about what you are projecting onto each other, or about what you are receiving, fragments of your energy have the potential to become embedded in the other person, and the other person’s fragments may become embedded in you.

If you are unconscious of this energy exchange, you run the risk of having the energies of your partner become more and more deeply embedded in your aura, like wood splinters going farther and farther under the skin until they become infected.

Sometimes the ego recognizes that love and compassion are important, and it tries to emulate these qualities by taking on the negativity of the partner in the mistaken belief that this is a form of caring and compassion. The heart of codependency goes something like this: “I will take on your suffering because I love you so much and it hurts me greatly to see you suffer. I’m strong. I can handle it. Let me be your savior. Let me be your calm amidst the storm. Let me be your rock of security, your haven of peace.” The words can get more and more flowery and beautiful, but underneath all this desire to do good, is the ego’s misunderstanding of soul energy. Inevitably, this arrangement leads to greater and greater soul fragmentation in both partners (unless one of them breaks the “spell” of codependency).

As the partners sink farther and farther down the sinkhole of possessiveness and attachment, their emotions get muddled and it becomes impossible to tell what belongs to whom. One partner will start feeling depressed for no reason, failing to see that he has taken on several past lifetimes of his partner’s negativity. The other partner might start feeling angry for no apparent reason, because she has taken on many lifetimes of frustration and oppression that the first partner has not yet integrated.

All this energy exchange goes on without their knowledge, until they become far enough along on the spiritual path to start recognizing these patterns and doing something about them. The first step in unraveling codependency is to become aware of its energetic patterns as they arise, and to stay present with the movement and evolution of the energy.

Doing various therapies and healing techniques (described in the following chapters), along with making a firm commitment to getting help, will start the process of getting unstuck.

Is it easy to overcome codependency? No, of course not. Healing is almost always hard work, but it must be done. The world is depending on it. Things cannot continue the way they have been going. The world needs your enlightened and healed relationships.

It only takes one enlightened soul to change the world. If you decide to wake up from the nightmare of duality, and you refuse to continue your codependency, or your tit for tat patterns — the eye for an eye mentality — you break the chain and the negative patterns must therefore come to an end. It might still take a while for the other soul to let go of grievances and resentment, but you are no longer feeding the fire.

The way to transcend a karmic relationship is to first give thanks, bless it, and accept that it is the way it is. Then ask your Higher Self to help you complete the lessons involved. Ask that they be fully learned, healed, released and integrated. Next, forgive the other person totally and completely. Finally, forgive yourself totally and completely.

If the relationship has the potential to go beyond karmic levels, it might be possible to continue it as a co-creative relationship (discussed below). For this, both parties must be willing to let go of their duality-based motivations and desires. The purpose of the relationship now

becomes helping each other grow and evolve, and creating something together that the souls could not create by themselves. This co-creation could be something inward, such as a loving celebration of life, or it could be an outer expression, such as running a business together.

Student-Teacher and Teacher-Student Relationships

The law of attraction states that souls tend to draw to themselves others of like vibration. However, there are exceptions to this rule. The first exception is karmic relationships. Taking this into account, we could reword the law of attraction as follows: Souls tend to draw others of similar vibrations, or they attract those souls who are perfect and right for mirroring to them what they need to learn. When the souls who are brought together are of similar vibration, but have a lot of lessons to teach and learn from each other, the relationship is karmic.

If one soul is consistently more evolved than the other, they may still be attracted to one another as a teacher-student, or student-teacher relationship.

For example, one soul desires to learn about love and compassion, but seems hopelessly stuck in attack and revenge. Such a soul prays for release from the drama of duality, and the Higher Self and God hear those prayers. They send someone who understands love and compassion and who has already healed the drama of attack and revenge. This person shows up in her life and mirrors to her a new way of being, which her soul is ready to embrace and practice.

The teacher-student relationship can be formal or informal. If formal, it might be a guru-disciple, or mentor-apprentice, or literal teacher-student relationship in an academic environment. If informal, it could be two siblings, one of whom is jealous and envious of the other, and the other who simply radiates love and compassion to the jealous one. The teacher, who may be the older sibling, simply thinks, "I love my little sister. She is so precious and endearing to me, but she hates me and constantly tries to hurt me. I hope she will learn by my example that love is more powerful than jealousy."

There may be times when two souls alternate between teacher-student and student-teacher, depending on the type and duration of the lessons. If they are highly aware, they will no doubt acknowledge their roles and seek to fulfill them in the best possible way. If not, they might wonder why they were drawn together, since they do not appear to have very much in common.

Highly enlightened souls who reincarnate into blood families that are steeped in darkness often come into such an environment to be a teacher to those who are locked in duality. On some level, the warring and competing family who gives birth to a crystal or indigo child has agreed that they want to learn about love and compassion. They need someone close to them who can demonstrate a new way of being, and so, on a soul level, they agreed to conceive this wonderful child.

Enlightened parents who give birth to a child who is steeped in darkness have a similar dynamic, except that it is reversed. The lesson here might be for the parents to learn to love their shadow selves, being played out in living color by their rowdy and disrespectful child. By loving their shadow selves, they become a powerful example of integration, from which their unenlightened child can learn a great deal.

Not every relationship that is locked in turmoil and strife has a karmic or teacher-student/student-teacher basis. Some souls wonder why they are born into unenlightened families, even though it might be obvious that they have already healed their lessons regarding the emotional patterns of their parents. The simple, but mundane answer is that there are not always enough enlightened parents to go around, so the incoming souls have to pick from what is available and just do the best they can and accept that their parents are working through issues.

How do you end a teacher-student or student-teacher relationship? This is a huge subject, so we will only touch on the highlights. Probably the most volatile dynamic here involves the guru-disciple relationship. For enlightened souls, there is a simple process of breaking away. The two beings simply recognize when the lessons have been fully learned and amiably separate. However, sometimes neither student nor teacher are aware of when that point has been reached. In fact, they may become attached to each other or to an ideal or image of what “should be” accomplished in the relationship.

In past times, a lot of guilt may have been taken on by the student when he desires to leave the guru, especially if the teacher has become attached to the student, or to his role as teacher. Such an unenlightened teacher may project guilt onto the student for wanting to leave, or may even try to convince the student that he or she would be lost without the teacher’s guidance. This type of codependent teacher-student arrangement is common among so-called “cults” and strict religious environments.

Also at issue in such a case, are the soul fragments that intermix between teacher and student. Often the teacher will embed some of his fragments in the student as a means of “keeping the student close to home” or in other words, to control the actions and behavior of the student. There are a lot of gurus with control trips. They have become attached to their role as personal savior of the student and do not want anything to threaten that relationship.

On the other hand, some teachers are not attached to their students, but the students, having a lot of insecurities, project those feelings onto the teacher. They become emotionally attached to the teacher and their self-esteem depends on winning the teacher’s approval. Therefore, they have their fragments embedded in the teacher, or, if the teacher will not allow this, then the fragments may be hanging around the outside of the teacher’s aura. In a perfect world, the teacher will anticipate in advance who is truly ready to learn, and who is likely to fall into dependency and attachment, and will accept or reject students accordingly. Of course, it is also possible that the teacher will allow dependency to form if the primary soul lesson the student needs is to learn what it feels like to have dependency and attachment through an unhealthy teacher-student relationship.

An enlightened teacher wants to empower his or her students, encouraging them to develop their own abilities as teachers. As the students become more independent and self-confident, they begin taking on many of the attributes of teachers. At that point, the teacher-student relationship has reached its fulfillment and the souls may either choose to separate, or change the form of their relationship.

Both karmic and teacher-student relationships can evolve into co-creative relationships, the next topic up for discussion.

Co-Creative Relationships

Psychologist Susan Campbell states that couples go through many phases in their relationships, beginning with what is commonly called the “honeymoon stage” and progressing through the “power struggle” and then, if they survive that stage, entering into a desire to integrate their divisive patterns and co-create together. If you are in a relationship that has been through all these stages and now you are focused on helping each other grow and evolve, or co-facilitating a business or vocation, then you have reached the state of co-creation.

Relationships that have reached this phase do not yet fall into the category of enlightened, but they are well on their way. We will discuss enlightened relationships in the next section.

Co-creative relationships can be between soul mates, or primary, secondary or extended soul

families, or occasionally between souls who do not have a deep soul connection. Contrary to what some might think, co-creative relationships are harder when the souls are more alike. Instead, the ideal co-creative couple is complementary, meaning that one person's strengths are the other's weaknesses, and vice versa.

For example, in business, one member of a co-creative couple may be good with facts and figures, but does not see the big picture, while the other member is not so good with accounting, but has the larger vision and holds it consistently.

Ideally, co-creative partners are dedicated to helping each other heal and integrate the levels of their souls. Because they have worked through most of the power trips and karmic issues, the things that are still unresolved within each other no longer trigger reactions of anger and resentment.

For example, if she has a lot of resentment toward her mother, he may simply send love and compassion to both wife and mother-in-law, and be a neutral sounding board for them to work through their issues.

Co-creative relationships are not necessarily souls who are both consciously on a deep spiritual path. As long as they are able to conduct their business or non-business activities in a harmonious manner that complements each other and enriches the lives of those around them, they are in a successful co-creative relationship.

Of course, there are no neat dividing lines between the phases of relationship. A few issues of power struggle may occasionally surface, and the couple might take turns teaching and learning from one another, but the dominant energy is one of cooperation and joint venture. These souls usually have some degree of inner and outer stability and may choose to remain together for a long time.

If the souls are not at the same level of vibration spiritually, they will, nevertheless, support each other and accept the differences graciously. In this channel's work, he encounters numerous couples where one is clearly more evolved spiritually than the other. Sometimes the couple is in denial about what is really going on. They may be attached to each other, but not compatible, spiritually or otherwise. If this is the case, then they need to determine whether or not to continue the relationship. But in other cases, their soul lessons do not depend on being at the same level of spiritual vibration. In this case, they have come together to create something of value that does not depend on being close together spiritually.

An example of this might be two parents who contract to raise a child. They may be generally very good parents, perfect and right for what the child needs, but not very compatible spiritually. The parents may have already completed the honeymoon and power struggle phases, along with integrating the ego issues involved.

In this case, you could put the relationship into one of the "rites of passage" categories discussed in Chapter 1. In other words, the couple is fulfilling the family roles and has not yet entered into the stage of evolution where spirituality is the most important priority. Nevertheless, this would be considered a co-creative relationship.

How do you tell the difference between a co-creative relationship and one where the couple is compatible spiritually, but not co-creative?

This depends on many things. Perhaps the couple has come together simply to have a certain spiritual experience, but it quickly becomes apparent that they are not very good at co-habitation, or running a business together. In this case, they might modify the form of the relationship to allow each other the opportunity to fulfill these other roles with different people.

How do you know when to end a co-creative relationship?

This depends on how important it is to be on the same page spiritually with another human being. If you are highly evolved, then most likely you will come together co-creatively until your primary project is finished and then, if you are not compatible spiritually, you will separate and either live alone or attract someone else that is closer to your level of vibration. If you are in a co-creative relationship and you are compatible spiritually, then you are candidates for an enlightened relationship.

Enlightened Relationships

When both members of a couple are consciously aware of themselves as evolving souls and are actively seeking to heal, release and integrate soul issues, they are moving into an enlightened relationship. This does not mean such people have it easy. In fact, relationships are usually hard work, especially for those who have enough awareness to take responsibility for their own thoughts and feelings.

Being aware of one's own soul evolution, and the levels of one's being, means taking responsibility for a lot of very challenging experiences. It means no longer projecting any blame onto the other person. It means listening attentively and without prejudice to exactly what is being communicated, and overcoming the barriers to communication.

Back in this channel's first book, there were diagrams illustrating the barriers to effective communication. Such barriers include the programming and conditioning of each person, distractions to their physical and psychic senses, beliefs and prejudices, assumptions, judgments and conclusions, language barriers (even if both speak the same language) and a host of other considerations.

Ultimately, enlightened couples communicate best through telepathy and intuition, but there are a lot of things in the physical world that seem to inhibit these abilities. Most couples make the mistake of assuming they know what the other person is thinking or feeling, or what he or she needs. Even souls who are highly psychic and intuitive make this mistake. It is often most difficult to tune into those with whom you have the closest connection, due to your own reactions and preconceptions based on the past times you have spent with that person.

It is a well-known fact that psychics are more accurate when they have no prior knowledge of the person being read. The intellect, which prides itself in facts and figures, can be a serious distraction to telepathic and intuitive functioning.

Enlightened relationships are based on several premises. The first is that the purpose of the relationship is to facilitate the growth and evolution of each of the partners. Second, the goal of the relationship is to be a source of joy, vitality, enrichment and inspiration for each other and the world. It is not to fix the other person, alleviate suffering, compensate for loneliness, or to fill some sort of lack.

Enlightened couples are an example for the world. The unenlightened masses, when they encounter an enlightened couple, can be greatly moved and catalyzed to go forward on their soul paths.

Enlightened couples are two whole, complete, spiritual beings. They are not "other halves" looking to complete themselves through the other person. Their purpose is to share their wholeness and completeness with each other, and to rejoice in their differences and variety of perceptions. They do not seek to make their partner more like them, but appreciate the diversity and beauty of other points of view.

Enlightened souls are accepting of the so-called "imperfect" human side of each other. They do not expect perfection in every way and manner. They are forgiving, and yet they hold

themselves and their partners to realistic high standards. They are vigilant against behaviors that could undermine the relationship. They seek to heal those levels of the soul that are out of balance, fragmented, fearful, stuck in illusion or deception, or that seek to sabotage the relationship. They recognize that Who They Are can be perceived as unlimited, powerful, creative beings, and that their human “stuff” is merely a tiny aberration within the perfection of their beingness. Yet, they do not trivialize their issues or pretend they do not have things to work on. They are willing to communicate openly and honestly about their thoughts, feelings and issues.

Enlightened relationships can be symbolically represented by two interlocking circles, similar to the circles on the Olympic symbol. You have three areas in two interlocking circles. The sides that are not touching each other are the “you” and “me.” The overlapping part is the “we” or “us.” The key to a balanced relationship is to have just the right amount of “we” or “us.” If the circles overlap too much, you have a codependent, clingy, possessive, attached relationship. There are not enough healthy boundaries, not enough “you” and “me.” Everything is about the “we” or “us.” I am identified with you, and you are identified with me. We have no separate space or place to retreat within our individual selves. Such a relationship is all-consuming and unhealthy.

If the circles do not overlap enough, then you have a lack of intimacy. Everything is about “you” and “me.” There is little or no “we” or “us.” Here, the boundaries are too well defined and the individuals have put up barriers to letting each other in, probably due to unresolved pain from past relationships. If there is a lack of passion, generosity, or commitment on the part of one or both of you, then you are out of balance and need to find ways of coming closer together.

It may be necessary to “tweak” or fine tune your level of interaction periodically. There is a fine line between too much and too little overlap in your circles. Constantly monitoring the situation is important. If you feel suffocated or trapped and long to be away from your partner, then you are too close. If you feel unfulfilled, as though you are not really in a partnership, and there is a lack of passion and intimacy, then you are not close enough.

Enlightened Communication between Couples

There are many systems of communication that have been shown to be effective at resolving conflict and enhancing love and compassion. Not all systems work for all people. Some thrive in an environment of non-violent communication, others in mirroring and nonjudgmental feedback. The number one rule of enlightened communication is being fully present for the other person. That means you are truly listening and not rehearsing what you are going to say next. This means giving each person an opportunity to express, without becoming impatient or tuning out.

Enlightened couples can take criticism and negative feedback if they have an agreement to express their feelings openly and honestly without projecting blame or guilt onto each other. Statements may begin in this manner. “I feel sad when you spend several days apart from me because it brings up my inner issues of abandonment.” In this instance, the person expressing the feelings is taking full responsibility for them and is not blaming the other person. The trigger for the feelings is stated in a precise and nonjudgmental manner. Notice the person did not say, “I feel sad when you spend too much time apart from me.” That is a judgmental statement because “too much time” can be taken a number of different ways and it does not really say anything valuable. For some people, too much time away could be five minutes, while for others it could be five years.

An important process for bringing couples closer together is the withhold technique.

Essentially, you sit facing each other and for five minutes each, you tell your partner, “Something I’ve been withholding from you is...,” filling in the blank. You can also phrase this as, “Something I’ve held back saying to you is...,” or “Something I’ve always wanted to say to you is....” An example might be a grown son talking to his father and saying, “Dad, something I’ve held back saying to you is that I feel angry about the way you treated me when I was growing up.”

The person receiving the withholds says nothing and simply gives the person speaking his full, undivided attention. If you are the receiver, you are in the role of listener, and that means listening totally, not rehearsing your response or reacting. If emotions arise, just notice them, breathe and feel them, without acting on them.

Sometimes the result of enlightened communication is that you make resolutions or commitments to certain actions. Other times it is just to clear the air and no further action is necessary once the communication has been expressed.

It is important not to get bogged down in processing. Some people are processing junkies. They are constantly expressing and using techniques but do not follow through with appropriate action. Once you have “cleared the air” and expressed your feelings, you need to determine if there is appropriate action to be taken. Sometimes it is important just to get away from the processing environment and do something fun and physical together.

Enlightened couples see God in each other and in themselves. They are loving and compassionate with themselves and others, yet realistic at the same time. They do not expect their partners to always know exactly what they want, or what they are feeling. They look for ways to contribute to the happiness and well-being of each other, without becoming codependent or self-sacrificing.

Enlightened couples are most often secondary or extended soul family members, but may be just ordinary soul mates.

Enlightened Spiritual Communities

There are over 1,000 active spiritual communities on the planet at this time, not including extended family households, family farms, or co-housing organizations. Yet there are almost no communities that are functioning at a high level. Some, such as Damanhur in Italy, or Findhorn in Scotland, have found a model of community that seems to be working fairly well. Others may be centered around a guru or specific spiritual teaching. They work well as long as the members are focused on that particular teacher or teaching.

In order for spiritual communities to thrive, there must be two main areas where the members have reached a high level of mastery. The first is the ability to perform physical work in a synergistic way, with each member contributing an appropriate share of the work. Appropriate means neither lazy and dependent on others, nor a workaholic. Dependency and laziness put undue burden on others, while workaholic attitudes take the joy and fun out of being in community. Living in right relationship with others includes your interactions with the material plane. It is not enough to be open and honest with members of the community if you are not contributing enough, or are pulling too much of the work load.

It is also important to honor and respect the diversity of lifestyles and backgrounds of those wishing to live together in harmony. It is not realistic to form a community with the intention that all members are financially wealthy, or that all know how to garden, or that all have carpentry skills. A balance of talents and skills is what makes a community thrive.

The other requirement is that each member’s spiritual vision is compatible with the spiritual

vision of the community. If you have some souls that are relatively evolved, and others who are stuck in darkness, all trying to live together on a piece of land, you might make it through the physical stuff, but you will not be thriving. On the other hand, spiritually advanced souls who do not have physical talents and skills will not get very far in becoming self-sufficient.

Self-sufficiency is desirable, but it is different than isolationism. Thriving spiritual communities reach out to their neighbors and seek to be friends with authorities and those with different points of view. They might have strict criteria for membership, but they do not exclude. They see everyone as a wonderful, creative spiritual being, yet they recognize that their community is not for everyone.

Enlightened communities handle conflict in a loving, but straightforward manner, utilizing some form of consensus governance that only people who are on the same page spiritually can accomplish. Knowing each other deeply makes conflict much easier to resolve because needs are communicated clearly and accurately and are received with compassion, regardless of whether or not the other members are capable of meeting those needs. We have talked at length about spiritual communities in our previous writings and we recommend that you review that material if you want more information on this important topic. We will also be visiting this subject one more time in Chapter 6, when we discuss how integrated souls function in the world.

Same-Sex Relationships

We and this channel hold no judgments about same-sex relationships. We do not see them as good or bad, just different from the predominant energy flows of most souls.

There are a variety of reasons people enter into same-sex relationships. In most cases, one of the souls assumes the feminine polarity and one the masculine polarity, regardless of the physical gender of the souls. Enlightened couples may feel comfortable embracing either inner polarity. In some rare cases, a man might adopt a feminine way of expression while the woman might adopt a masculine role. In other words, they may switch roles just for variety. Two women in relationship might decide to both embrace their masculine sides, or two men their feminine sides. There are no right or wrong ways of expressing sexuality as long as that expression enriches the soul evolution of the parties involved.

There are a lot of heterosexual and homosexual couples that are expressing their sexual energy in an unhealthy manner. If a woman is homosexual because she hates men (having had a lot of bad experiences with them in the past), this is not a healthy means of expression. It might be that she needs to spend time apart from men and find loving women to help her heal, but if she continues to project her unresolved feelings onto men, this does not create healing. Of course, the same is true of men that hate women.

The main thing about same-sex partnerships is whether or not they contribute to the soul evolution of the parties practicing them. If they do, then the relationships are beneficial. If they do not, then healing is needed.

Is homosexuality prevalent among higher-dimensional beings? The answer is “No,” but this does not mean that homosexuality is a sign of a lower level of vibration. Heterosexuality, as you know it on Earth, is also not prevalent in the higher realms. This is because we do not view relationships in the same way that you do on Earth. Every person is a potential lover, not necessarily in a physical way, but because he or she is a beautiful and perfect child of God. We in the higher realms see everyone as magnificent and “sexy,” if we may use that word liberally. We can love both male and female beings equally, although the energy dynamics may be different between each one.

Relationships that are free of guilt and shame are more likely to preserve soul integrity with little or no fragmentation. If two men, or two women, deeply love each other and give and receive that love freely, without reservation (guilt and shame), then the exchange is clean and clear and no fragmentation will take place. For this to be the case, a great deal of “brutal honesty” is necessary between the partners.

The next topic, polyamory, depends on deep and complete openness if this form of relationship is to contribute to the evolution and spiritual growth of the partners involved.

Polyamorous/Multiple Partner Interactions

It might interest you that we in the higher realms generally have multiple partners. This certainly goes against most of what you have heard about proper relationships. Yet, it is not having multiple partners that causes problems with people on Earth. It is the dishonesty, jealousy, possessiveness and dependency that often arise among the partners.

We in the higher realms come from the understanding that there is enough love for everyone and that nobody is without love. We rejoice when a close friend or partner has an enlightening experience with another soul because it nourishes us. It does not take away from our experience of love with that person.

We are open and honest with each other and respect the various ways that each one of us expresses our love. We never engage in a relationship that is not uplifting to both souls. If being with a third soul would in any way jeopardize our relationship with our primary partner, we would naturally refrain from entering into such a relationship.

Most amorous or polyfidelic souls on Earth are unable to handle the various cross-currents and complexities that go with such relationships. A few can handle having multiple partners, but a great majority are deluding themselves. Success with polyamory depends on the level of intensity of each relationship and the degree of enlightened communication between each member in the group.

Amorous partnerships are most successful when each person involved has a high degree of self-esteem, is comfortable being alone as well as with a partner, and is not placing excessive demands on others. In other words, such partners are feeling whole and complete and do not need each other, but desire to be with each other.

In the higher realms, we have overcome jealousy and envy. Also, we do not experience illness or disease, which is another common hazard with polyamorous relationships on Earth. Our mergings, as we call them, are between wholly consenting mature souls. When we complete a merging process, we are enriched and enlivened, and have more love to give to other souls in our lives. We also practice group tantric lovemaking, where the flows and patterns of energy between each member of the group are respected and enhanced by the tantra. In other words, we feel more energy after our tantra session than before we started.

If you experience feeling drained or tired after lovemaking, then you are either not respecting the natural flow of energy, or you have some unresolved emotional patterns getting in the way of your bond with the other soul or souls. It is not wrong for men and women to have sex in order to experience a release of energy, or relieve tension, but it is not the highest form of sexual practice.

Tantric Relationships

We have put this form of relationship at the end of the section because a true tantric relationship is exceedingly rare and difficult, even for enlightened couples. There is a

tremendous energy generated by two or more souls who are completely present with one another. This energy flows, often in a “figure-8” or infinity symbol pattern, through the chakras of each soul. You have certainly heard the expression, “The total is greater than the sum of the parts.” This is true of tantric union.

In order to truly enter into this type of relationship, you must be able to go beyond all labels and definitions regarding each other and simply become the allness of life, expressed through your physical self.

Regardless of your actual gender, one of you will assume the role of the masculine, and one the feminine. This energetic flow will encompass the polarities of male-female and then take you beyond the duality into a state of Oneness.

How does one enter into a tantric relationship? First, there must be a great deal of trust between the partners, and a willingness to open up to the flow of divine energy in this way. Second, and this is probably the hardest part for human beings, there must be a transcendence of the normal biological impulse to attain something as a result of the coupling. In the case of sexual intercourse, that would be the release, or the orgasm.

There are no goals in tantra, except perhaps to have total awareness, moment by moment, of the energy flow between you. If you have cleared most or all of your negative emotions and mental patterns, then it is possible to remain totally in the moment with your partner, noticing the subtle (and obvious) movements of energy going in and out of each other’s space. If you remain in this state, the energy may increase exponentially, and in some case, may rise up the spine, through the chakras, and out the crown. However, you cannot force this to happen, or be wishing for it instead of being totally in the moment. If you catch yourself having a goal or desire while in a tantric embrace, gently bring yourself back to deep breathing, meditation, and feeling the energy of yourself and your partner.

You might experience a sensation of floating in a sea of infinite energy. It might be hard to tell where you leave off and your partner begins.

In order to successfully practice tantra, you must be able and willing to set aside several hours a day devoted purely to being present with each other. If you are thinking about a business deadline, or what you are going to do after your encounter, tantra will not work. If you feel vulnerable, fearful, embarrassed, or judgmental about your body, or are fighting and resisting your thoughts, tantra will not work. Like enlightenment, it comes in uninvited, and yet it requires the right environment to blossom and flower.

Enter into your tantra session with no expectations, no demands, and ultimately, no desires, except to just be with each other and see what happens. Yet, this is not a “blind faith” type of seeing what happens. It is a conscious, or rather, superconscious intention to be present and aware at all times and simply watch the energy as it moves between you.

Tantric relationships are most likely to be successful between highly enlightened twin flames, primary soul family members, or secondary soul family members. You can count on the fingers of one hand the number of enlightened twin flames who are both on the Earth at the same time. The number of enlightened primary soul family members who are together in ways that can facilitate tantra, is not much higher. That leaves perhaps a few hundred, or maybe a thousand, secondary soul family members who are ready and willing to enter into the mysterious, enchanting realm of tantra.

Tantra is possible between same-sex pairings. This is because two souls of the same gender can assume opposite polarities and allow their masculine aspects to flow into their feminine aspects, and vice versa. In general, this is more difficult than with souls of different genders, but

it is not impossible. If you are in an enlightened, same-sex relationship and desire to experience tantra, then our advice is to embrace the possibility that you can experience true union, and to create an environment where enlightened union can happen.

If you are currently in a relationship with someone you trust, you can approach tantra and perhaps, with enough awareness, enter into this timeless state. We encourage you to read Chapter 5, “The Nature of Enlightenment,” to gain a greater understanding of what is required in order to experience tantra. If you are not in a relationship, you can ask your Higher Self and twin flame to orchestrate a meeting with a compatible tantric partner, but this certainly does not guarantee that such a pairing will lead to tantra.

Tantra and Energy Merging

As stated above, the practice of tantra is only possible when souls have healed the majority of their sexual issues and are able to be fully present with each other, moment by moment, without expectations, overt or hidden. In most cases, tantric partners need many years of practice and preparation before they can successfully move energy in a tantric way.

Enhancements to lovemaking might be beneficial, but this is not tantra. Special rituals, dance, offering of gifts, chanting, or disciplined moving of the kundalini may be helpful, but these are not tantra. They might help prepare the soul to enter into a tantric state, but true tantra only happens when all judgments and preconceptions are laid aside, all barriers are removed, emotionally and mentally, giving and receiving of energy is balanced, and each person fully and totally sees the other truly as the Divine.

Couples in tantric embrace may experience riding on the waves of the cosmic ocean. They might feel immersed in a sea of infinite delight. The coming together of their souls creates a larger reality, the beginning of a group soul complex. There is a “we” that transcends “you” and “I” and yet in no way diminishes the individuality of either soul.

We have touched briefly on the subject of tantra because it relates to the wholeness and integrity of individual souls. While so-called “normal” sexuality between unenlightened humans promotes soul fragmentation, tantric practice, when properly engaged, promotes soul integration. The mechanics of tantric yoga, and the complexities of energy exchange could necessitate an entire volume to properly describe them, so we will summarize by saying that any practice between two or more souls that honors the wholeness and integrity of each member, and that involves a high degree of self-awareness, will promote soul integration rather than soul fragmentation. It is all about the energy and how it is given and received by each member. If it is a clear and clean exchange, no karma is accrued and no fragmentation takes place.

Enlightened Conception

We will touch on this topic briefly, since it can affect soul integration. Souls who are highly evolved into upper fourth density consciousness can plan their conception and can communicate with the incoming soul(s) before conception. In fact, they can plan their parenthood in a way that your organization, “Planned Parenthood,” could not even dream about.

It is possible to telepath with the incoming soul(s) to the extent that you can know what the newborn desires to experience and what his or her soul lessons are on Earth. Of course, this requires careful listening and an active clairvoyant and telepathic nature.

How to develop your clairvoyant and telepathic abilities is something this channel teaches. We encourage you to follow up with him on this. We will not go into detail on how to develop

your psychic and intuitive abilities in this book, except to say that it is much easier to function psychically if your soul is integrated.

Conception in the Higher Realms

We are including this topic to satisfy those who are curious. It is only marginally relevant to our main discussion.

In third density, conception and childbirth is largely unconscious and instinctual. Women stuck in third density have a “baby-making” instinct that is very strong and often overpowers their emotional and mental states. They may not be ready or mature enough to raise a child harmoniously, but their drive to have a family overrides this and they conceive and bear children at an early age anyway.

In fourth density, parents are capable of planning their families a bit more consciously. There is often interplay between the emotional/intellectual awareness and the instinct to have babies. Higher fourth density souls may be able to communicate with the incoming soul enough to be active participants in that soul’s lessons on Earth.

In fifth density, the physical structure of human beings changes dramatically. (We refer you to earlier writings where physical ascension is discussed in detail.) Souls coming into fifth density light bodies do not require sexual intercourse. They can project a part of themselves from the parent part of their soul directly into the womb of a fifth density mother. The fifth density child evolves more quickly than those in third and fourth densities, and does not exhibit many of the emotional attachments prevalent among lower density children.

In sixth density, souls do not need the womb of a mother in order to incarnate. They are able to manufacture a body directly into a sixth density planet and begin functioning there as a radiant light being.

Bodies beyond sixth density do not exist in the sense that you might be used to imagining. Souls exploring seventh density worlds can instantly manifest any vehicle they desire that is appropriate to the environment they are exploring. Beyond seventh density, the concept of embodiment becomes meaningless, although beings in these higher realms may appear to have bodies when viewed by clairvoyants and telepaths on Earth. In actuality, they are immense beings of Light, but the mind of souls on Earth will likely interpret this Light in a form it can understand, namely, a human-like form.

The Reuniting of Soul Families on Earth

This is a topic dear to our hearts, those of us who have been patiently and diligently working with humanity from the higher realms. We see the longing and loneliness present in almost every human being on Earth. We share in your longing to be able to walk among you and embrace you in a physical sense. Yet we know that you must grow and evolve sufficiently to be able to have direct interaction with us.

We are members of the soul family of this channel and many of you who are reading this book. We come from all over the galaxy to work with you and encourage you to break out of your self-imposed limitations (and the limitations placed upon you by those who believe they can control you).

In the years to come on planet Earth, you will connect with many of your soul family members who are incarnated here. At first it will be secondary and extended soul families, but eventually you will reunite with your primary soul family and twin flame.

From our perspective, everything happens in perfect Divine Timing. Yet in your world, your hearts grow weary and it seems to take an endless amount of time to overcome the darkness and ignorance that still permeate much of your planet. We advise you to hold your chins up and keep focusing on your dreams and visions. No matter how dark things look on Earth, the Light is already victorious. Let your light shine into the darkest places on your world. Be not afraid to look directly at the most despicable among you, for they are children of God wearing the masks of terrorists and murderers. You can help awaken them from their nightmares as you bring all the parts of yourself into alignment.

It has been our extreme pleasure to bring you this segment of the book. Know that we are always with you and that you are precious to us. We are Leah and members of the Galactic Confederation. Many blessings to all of you.

Chapter 3

Soul Fragmentation

Greetings, beloveds, this is the Higher Self of Sal, in conjunction with his spirit guides, the Founders. This is a difficult subject and one that is challenging for this channel to write, and will likely be challenging for you to read. The reason is that your language is insufficient to properly present the ideas and concepts herein. Yet, understanding this material will greatly enhance your awareness of the soul and its many variations of expression.

We have already introduced the topic of soul fragmentation, but there are many forms and dynamics created when you factor in relationships with other humans and nonhuman entities. Also, we have implied several times that there are exceptions to the usual configurations of souls. In this chapter, we will explore some of the oddities and rarities possible between souls because many of you will likely encounter these unusual twists and turns along the soul path.

Let us return once again to the study of soul fragmentation, from a slightly different vantage point.

Perhaps it is best to imagine that each fragment of your soul is like a person who is leaving your family and going out into the big wide world in search of meaning and experience. These fragments enter into various types of relationships with other fragments and parent souls. In addition, the fragments of other souls enter into relationship with you, the parent part, sovereign entity and primary fragment reading this material.

The ideal situation for understanding this chapter would involve detaching completely from the drama of soul fragmentation and simply observing it within the myriad of possible combinations and permutations of humanity and other life forms. It is certainly a fascinating subject and there is no way we can contain all of it within the pages of this book. It will likely raise as many questions as it answers and for that, the channel is willing to make himself available through lectures, workshops and private sessions.

Let us begin this section with another look at the concept of sovereign beings.

Sovereign Beings

A sovereign being includes the parent part of a soul and however many fragments have been integrated back into the parent part. If such a sovereign being is not completely enlightened, he or she may have the parent part located in the higher realms and the primary fragment resident in a human body on Earth, or a humanoid body on another third, fourth, fifth or sixth density planet.

Sovereign beings in the higher realms are not to be confused with discarnate entities, who are fragments residing in the astral, etheric or causal realms. Such entities may be assisting (or hindering) Earth and its inhabitants. Although a discarnate entity can appear in a form similar to a sovereign entity, there are many ways to tell the difference, which will be detailed below.

How many sovereign beings are present on the Earth? That depends on how technical you want to get in your definition of sovereignty. As we explained earlier, every human being on Earth has a soul. However, it is not a simple one-to-one ratio, meaning seven-plus billion bodies, seven-plus billion souls. This is where things tend to get a bit complicated.

You have a few hundred human beings on Earth who have completely integrated all of their levels and dimensions and are whole, complete souls embedded in human bodies. These souls still have higher levels that are not confined to this planet. However, they have unimpeded access to these higher levels and so, for all practical purposes, they are each One Being, existing simultaneously in 12 levels and dimensions. If they need to access one of the higher levels of their Being, that access is granted immediately by their Universal God Self.

In essence, they are co-creators with God, walking in physical bodies on the Earth. Some are well-known gurus or teachers, others remain in the shadows, figuratively speaking, and prefer to remain anonymous. Basically, they have manifested a great deal of their unlimited potential, although not all of their abilities may be outwardly obvious.

It is extremely difficult for higher-dimensional beings to walk openly on the Earth. This is due partly to the non-interference principle, which says they cannot violate the free will of humanity, or coerce human beings to change their behavior. Openly demonstrating advanced psychic and intuitive abilities would likely destabilize the existing belief systems on Earth faster than generally permitted by those whose job it is to ensure that free will is not being violated.

In other words, not all souls on Earth are ready to have their cherished belief systems crushed and disintegrated immediately. There must be respect for the pace at which Earth-bound souls desire to evolve.

The other reason higher-dimensional beings rarely walk upon the Earth is because it is very difficult for them to maintain their high state of vibration while in the presence of lower levels of consciousness. When they do come to Earth, they usually do not stay very long. For example, the avatar Babaji might appear long enough to bring through an advanced yogic teaching, and then leave again before his vibration is compromised.

Therefore, communication with enlightened sovereign beings that are fully manifesting their potential is often quite restricted. If they do have bodies on Earth, they may be available only to those who are ready to be in their presence.

The vast majority of sovereign entities on Earth are not yet fully integrated. They are working toward personal enlightenment. Although they have a strong connection with their parent parts in the higher realms, and have a great deal of that energy embedded within their Earthly body/mind/personality, they may still have a significant number of fragments in other times and places.

There are about 1.5 billion souls on Earth who can be considered sovereign. For all practical purposes, they are complete souls in human bodies, meaning that the majority of their soul energy is embedded within the human form. Another 4.5 billion souls, roughly, have a minimal connection with their parent part in the higher realms, but are primarily operating from a major fragment within the human body. About one billion souls on Earth are so highly fragmented that they only have a small

amount of soul energy present in their human bodies, just enough to keep the body alive in many cases.

Some of the souls who are greatly fragmented have their energy embedded in multiple human bodies, and, vice versa, many individual human bodies have the energy of multiple souls within them.

The reason for the “hodge-podge” latticework of soul energy throughout the Earth is due to the long period of time that souls have been incarnating here, and the large number of soul divisions and fragmentations that have taken place. Think for just a moment about how many traumatic experiences have occurred on Earth. It should be little wonder that so many souls here

feel powerless and helpless. Not only do they have access to only a tiny fraction of their soul energy, but they live within systems of government that encourage dependency and conformity.

Because almost all of you who are reading this fall into the category of sovereign beings that are working toward enlightenment, the remainder of this section will be concerned with the issues facing you in your quest toward integration.

Sovereign souls on Earth who are only partially enlightened may benefit greatly from the help and guidance of other-worldly beings.

These other-worldly souls come to help as either sovereign beings or discarnate entities, but the most enlightened ones are sovereign souls. They often serve those human beings who are among the most advanced in evolution.

As stated before, beings from the higher realms have discovered that it is much easier to communicate telepathically from those realms than to walk openly on the Earth (or even covertly in some sort of disguise).

Sovereign Beings versus Discarnate Entities

How do you tell the difference between a sovereign spirit and a discarnate entity, when communicating with your guides?

A lot depends on the level of consciousness emanating from the spirit guide. If you are highly clairvoyant, this is not an issue, because you can see the full and majestic presence of the sovereign entity versus a fragment of light that only possesses a limited degree of consciousness (in the case of a discarnate being).

If the spirit you are communicating with is a deceased family member, or had a body on Earth recently, chances are it is a discarnate entity. Most human beings, after departure from the Earth plane, have not spiritually ascended and reunited completely with their parent parts in the higher realms. Only about 20 million souls have gone through spiritual ascension, out of approximately 10 billion souls who have had lifetimes on planet Earth since the beginning of human incarnation over ten million years ago. Many of these 20 million souls are present in human bodies today on the Earth — in fact, about 90% of them. That leaves only about two million souls who have previously incarnated on Earth who are now sovereign entities assisting Earth from the higher planes at the present time.

In addition, there are about seven million sovereign souls who have never incarnated on the Earth, who are assisting Earth at this time. This includes angels, archangels and ascended masters, as well as enlightened extraterrestrials. For the sake of nice, round numbers, let's say the total population of higher dimensional sovereign entities working with the Earth is about 10 million.

When you consider that over three billion souls who have incarnated on Earth in past times are not in physical form at the present time, you can do the math. Let's assume two billion of them are available to offer help to the Earth. The rest have gone on into other star systems. For those who are math-challenged, it means only about one in every 200 souls who are no longer on the Earth are in a sovereign state. (Actually, it's about one in 220 that are available, but you get the idea.) The rest have fragmented into various configurations and are likely to be communicating from a discarnate state as major or minor soul fragments.

How Souls Fragment

Souls reside within a paradox. On the one hand, they are whole and complete miniatures of God, “sparks of Divinity,” and on the other hand they seem fragile and ready to splinter into millions of pieces. Neither perception is entirely accurate. The soul is a vast ray of light, bigger than anything in the physical universe. It is permeable and malleable and because of this, it can extend itself into various lifetimes, levels and dimensions in order to perceive what is taking place there. When it has intense experiences in the lower worlds, a part of the soul (the magnetic part usually) is often drawn into those experiences and becomes attached, emotionally and energetically.

Every time you have an intense experience, trauma or negative event imprint itself onto one or more of your six lower bodies, that imprint affects your soul to some degree. If there is a lot of intense feeling, some of your soul energy is drawn into that experience, as well as the place and time where the experience occurred, as well as any beings or objects that were part of the experience. You have a popular song on your planet called, “I Left My Heart in San Francisco.” While it might be one of those “silly love songs” to some, it illustrates what we are talking about here. If you had an intense love affair in that city, you may have left some of your soul fragments there, in your lover, and in the places where you and your lover met and had strong feelings.

When you hear certain pieces of music, you might think about certain places. While the song might be just a mental trigger, it could also be opening a “portal” into which fragments of your soul have gone in times past.

When you dream about certain places over and over again with vivid clarity, it is a good possibility that you have fragments of your soul in those places, especially if thinking about those places brings up a lot of intense feelings. It is more than just strong memories or emotional reminiscing. These are energetic attachments. Your soul has become stretched, twisted and concentrated around these places, people and events.

This channel has reported that right before a major travel period, he often feels “ungrounded.” He sometimes experiences being less able to focus on what is right in front of him. He attributes this to aspects of his soul going ahead of him to the places where he is about to travel and making smooth the way before his physical body gets there.

When you fantasize about the future, or reminisce about the past, you may be doing more than simply engaging your mind in idle memories. Your soul may be stretching itself along your timeline and even venturing into alternate timelines, especially if you are prone to contemplating “what if” scenarios.

You may have heard the expression, “Being fearful of the future will bring fearful experiences to you.” When you speculate with “what if” possibilities, your soul stretches itself into those various alternate timelines formed by concentrating energy in particular directions. If enough intensity surrounds worrying and fretting about a specific outcome, you are energizing that outcome and making it more possible.

If you could see the way your soul fragments and sends its energy along numerous light and dark corridors, it would seem like a fluid seeping through a complex latticework of cracks in the ground. Where it pools into tangible energy is where your thoughts and feelings are repeatedly obsessing or anticipating outcomes.

In order to better understand how souls stretch, twist, distort and fragment, we will put these experiences into categories. The casual “what ifs” and ponderings may result in the creation of minor soul fragments, small packets of soul energy that embed themselves into certain realms, dimensions, levels and places within time and space.

When a tremendous amount of energy is invested in a person, place or thing, you may have

major soul fragments embedded there.

Finally, you have your parent part, or the main area of soul energy from which pieces (fragments) are breaking off and attaching themselves to other realities. Usually the parent part of the soul is in the higher realms, and a primary fragment of it is extended into the Earth plane, but if enough energy is drawn down into the lower worlds, the parent part can reside in the physical body of that soul, or even in the body of another soul. As stated earlier, the more parent part energy you have in your physical body, the more energy, vitality and personal power you have in the world. Before you can draw the parent part down into the body, however, there must be a high degree of integration of your various fragments. That is because the parent part's job is to orchestrate your soul experiences from the safety of the higher realms to help you integrate your fragments.

Energy Patterns

When soul fragmentation is only slightly present, you will have small, swirling energy patterns that seem to break off from the sovereign being. These patterns do not significantly reduce the overall energy of the soul, nor do they seem to diminish its stature, size or intensity very much.

Souls with a lot of anger, for instance, may direct "daggers" of negative intent to those they despise or to whom they feel jealousy. Such negative energies can be perceived by other souls who are sensitive. If the ones to whom the negative energy is directed are sensitive and clairvoyant, they might perceive the attack coming toward them.

It is possible for highly energized souls to direct energy patterns to another soul and cause that soul to have a reaction or response to that energy. There are instances where a soul might have negative feelings toward another soul and contribute to that other soul's seeming misfortune, accident, or negative experience. This has been known in times past as "casting a spell." Conversely, if a large group of souls praying for world peace are sending positive energy around the world, this can affect areas that are at war and contribute to the neutralization of a lot of negative thoughts and consequences.

In addition to sending positive or negative soul energy into people, such energy can be directed toward specific places. This creates positive or negative man-made vortexes (or vortices). Places where a lot of prayer happens continuously, such as churches, may become positive vortexes, while places where a lot of war and violence have happened may become negative vortexes.

If positive or negative soul energy is directed into an object, such as a crystal or statue, such an object becomes a "talisman." The item itself does not have any special powers, but the repeated insertion of soul energy charges the object. If the item is a crystal, or some material that naturally amplifies energy, you could say it is a natural talisman, easily programmed for positive or negative purposes.

Returning to the effects of soul energy on people, if you have anyone from your present or past sending you positive or negative energy, it is best to send love and compassion in return. Only when your energy is in resonance with the sender is there the possibility of being positively or negatively affected by someone else's intentions. Otherwise, such intentions simply bounce off your aura, or pass through it without effect. Nevertheless, if the energy is negative, the best way of ensuring it does not enter your auric field and affect you adversely, is to send love and compassion. This breaks any negative resonance that may have formed.

Let us reiterate the earlier statement that in order for you to attract negative beings into your

space, you must have unresolved negative emotions or beliefs that set up a resonant field with the dark entities.

How can you tell if someone is sending you negative energy? Of course, that depends on how aware you are and what is going on in your life. If you are constantly thinking about someone and feeling negative thoughts that are out of character with how you typically feel, that could be a sign that you are the recipient of negative energy patterns. Use psychic and spiritual protection techniques (detailed in Chapter 4) to deflect or dissolve such patterns before they become lodged in your auric field.

In summary, when soul energy is fragmented and goes to a particular place, it can often be perceived by souls residing in that place, as packets of energy. If the energy is thrown off at random, or is directed toward others with very little actual fragmentation, but with anger, fear or sadness embedded within it, then it is simply referred to as “negative energy.”

Thought Forms

When there is a significant degree of fragmentation due to the intensity of the energy, it is often thrown off as thought forms. Thought forms are more powerful than energy patterns and are more specific and directed. Thought forms are a lot like entities in that they possess a degree of intelligence and spiritual energy, but they are rudimentary forms compared to entities. Thought forms can seem to take on a life of their own and are often mistaken for entities.

Thought forms can float in the astral planes, or move into the mental or etheric planes, depending on the nature of the particular thought forms. Thoughts projected out from very angry souls may have a lot of kinetic energy and will likely go into a dark sub-plane of the astral realms, where they might wander around, attaching themselves to various beings or places.

A soul with a lot of negative thought forms belonging to other souls is often said to be partially possessed. While this is not actually true, being consumed by the thought forms of other souls can feel a lot like a possession.

It is important here to differentiate between getting caught in one's own thought forms and those of other souls. Many psychological conditions are due to preoccupation with one's own thought forms to the extent that they prevent the soul from seeing things clearly.

In the case of paranoia, many souls' own thought forms are haunting them, which in turn creates a Law of Attraction phenomenon whereby similar thoughts from other souls are attracted into this negative vortex of consciousness being generated by the paranoid soul. While the perception of being attacked will likely not have any physical reality to it, the soul is, in effect, being attacked by his or her own negative thought forms, as well as the negative thought forms of others that are drawn into the vortex.

Most souls cannot tell the difference between energy patterns, thought forms, and negative entities. The main difference between simple energy patterns and thought forms is the level of organization of the energy.

For example, anger, when expressed violently, may generate packets of negative energy that form a geometric pattern as they go out from the attacker. These packets may float around the soul generating them, or fly out into the physical and astral planes, affecting large numbers of people.

When a human being encounters these negative energy patterns, they might lodge in the aura of that person and cause feelings of discomfort. These patterns are relatively easy to discharge from the aura, through a combination of invocation of golden Light and various chants and mantras.

Negative thought forms, on the other hand, possess a degree of intelligence and could be thought of as mental body fragments originating from the attacker. They occur when the anger has been fomenting and accumulating over a period of time until it begins to take on a life of its own. Thoughts can be very powerful and can imitate actual entities. That is why over 80% of all souls who believe they are being attacked by negative entities are, in fact, picking up the negative thought forms of other souls. It is also common for such “victims” to pick up on their own negative thought forms that they have projected out from their auras.

How do you tell the difference between your thought forms and the thought forms of other souls? Through the practice of utilizing various self-awareness techniques and processes.

Ultimately, it does not matter whose thought forms they are. If you have attracted them, it is because you have similar thoughts being triggered by your own core negative beliefs. Of course, the negative thought forms of others are continuously brushing up against your outer aura anyway, due to your presence on a largely negative planet. However, if you have nothing to attract them, they will just float on by, oblivious to your presence, or at the very least, will pass right through you.

In the study of energy dynamics, this is called, “being transparent.” It is the “hollow bamboo” approach to dealing with the thoughts and feelings of others. Since there is nothing in your own consciousness to cause these thought forms to latch onto you, they simply pass right through your auric field and out the other side.

In the study of energy dynamics, you learn to move and manipulate the negative energy and thought forms of others in various ways. Each method has its specific advantages and drawbacks. The techniques most commonly employed include mirroring, deflecting, refracting, transparency, absorption, magnifying and transmutation. In the next chapter, “Healing and Restoring the Soul to Wholeness,” we will go into these practices in more depth.

Our next question to pose to you is as follows: “How do you tell the difference between negative thought forms and negative entities?”

The best way is to explore the subject of entities in more depth, so that you can recognize the tell-tale signs of an entity. As stated before, there are two types of entities you may encounter as you open up psychically and intuitively to the various levels and dimensions of the universe. They are sovereign beings and discarnate entities. We have defined these terms already, the main difference being the type of soul fragments involved (sovereign beings are intimately connected to the parent part of the soul, while discarnate entities are major or minor fragments that seem to be disconnected from the parent part — in actuality the pieces are still connected, but they are not experienced that way.)

Hopefully, after reading the section below, this distinction will become clearer.

Discarnate Entities

As we discussed earlier, there are three main aspects to soul fragmentation: minor fragments, major fragments and parent parts. Minor fragments often manifest as energy patterns or thought forms, while major fragments take on a life of their own, having a holographic representation of the sovereign entity from which they have split. If you are familiar with holograms, you know that the fragments contain a blueprint of the whole organism (or inanimate life form, as the case may be).

This is even true on the physical level. A human being can receive a brain injury that necessitates removal of three-fourths of the brain, including many of the vital centers, and yet

such a human being still has the capacity to function as if the brain were intact. Part of the reason for this is that many of the human functions are not actually located in the brain, but in the aura around the brain. However, a significant part of this phenomenon is because of the holographic nature of the brain and the fact that within each tiny segment is a blueprint of the whole organism.

Such is the case with major soul fragments. When enough of the life force of the sovereign entity is split off with the fragments, they become, in essence, actual beings.

Major fragments of sovereign souls can successfully enter a human body if there is enough life force present. While all human beings on Earth have souls, most are manifest as major fragments of sovereign entities that are elsewhere in the universe. The parent part of their soul is residing in another level or dimension.

For example, let us look at “Soul A” who has a parent part in Andromeda and a major fragment on Earth that we will call “Daniel Johnson.” Mr. Johnson is born into an English family in the United Kingdom in the normal way. His body grows up with relatively normal physical functioning and he develops an ego/personality complex similar to that of other evolving souls on Earth.

Meanwhile, Soul A has another major fragment in the Pleiades system called “Avantar Sorana,” who incarnates into the body of a fourth density Pleiadean female and grows up according to the rules and traditions of that society.

To take this one step further, Soul A might have a third fragment, also on Earth, but in another area quite some distance from the first fragment.

All of these beings can be thought of as physical organisms with ego/personality complexes, but they are only considered to be sovereign souls if they have established a conscious connection with the parent part we are calling Soul A. Until such time, each being might sense there is someone, somewhere that belongs to them, or to whom they belong, but will likely not comprehend what has happened.

Let us put this as a question. Do multiple human beings sometimes have the same parent part? The answer is yes. For example, a sovereign entity can fragment into several major pieces, all of which could have enough life force energy to incarnate into human form. Each of these several human beings would essentially have the same soul, but they would be expressing different pieces of that soul through their individual ego/personality complexes.

In the above example, if there is a parent part with three major fragments, each embodied in different places, one of those major fragments can awaken and become the primary fragment. This means that that fragment can draw enough of the parent part down into embodiment to activate many of the higher powers inherent within integrated souls.

However, this being cannot become sovereign until the other two major fragments are integrated. Usually, this happens when the other two beings die. The major fragment that was animating the physical body of each of the other beings then returns to the parent part and is assimilated into the being that is still in embodiment.

In essence, what has happened is as follows. A soul with three different bodies, none of which were considered sovereign, has now become one sovereign being, with one incarnation. As a general rule, only one major fragment is capable of becoming a primary fragment. While the parent part is able to simultaneously experience many different embodiments, it does not “split” itself significantly and become multiple sovereign entities unless it goes through the process of soul division (explained in Chapter 2).

Let us now return to our discussion of discarnate entities.

When major fragments are discarnate, they often appear similar to human beings, with an astral form sort of like the human body.

How do you tell discarnate entities from sovereign souls? We asked this question earlier, but now we will investigate it a bit further. Suppose you are being visited by an entity appearing in front of you with some semblance of human form.

After invoking protection and centering yourself while in the presence of the entity, the first question to ask the being is, "What is your purpose here?" For a sovereign soul, this is an easy question and one that the being looks forward to answering. In almost every case, the purpose of a sovereign being working with Earth is to help awaken humanity to greater levels of self-awareness and enlightenment.

Sovereign beings are of the Light. If they were dark, the discord involved would cause them to fragment and become discarnate entities. This is why almost all discarnate entities have some degree of darkness, or absence of spiritual understanding.

It is certainly possible for a discarnate entity to verbally or telepathically respond to the above question, "Why are you here?" with a convenient answer, "To help you," but notice how the energy moves with that answer. Pay attention to how you feel in your body. Is there a sense of coldness? Is there uneasiness? Do you sense you are not getting the whole answer? As you develop your clairvoyance, you will begin to see an image of the energy matrix around the entity. Is it pleasing, with bright and vivid colors, or are there lots of grays, browns and blacks?

If this entity claims to be one of your spirit guides, and you have repeatedly asked for advice, what has been the outcome? Even the highest and best sovereign entities are not going to give information that is 100% accurate because this is a free will planet, but most of the time what is given will feel right and will assist you in feeling expanded and more enlightened.

Positive beings seek to empower you. If you do not feel empowered, then perhaps the entity is not right for you.

It has been said that entities must answer truthfully the question, "Are you of the Light?" That is the case energetically, but words can still be used to deceive. If the entity says "Yes," tune into the energy behind that word. Feel what is emanating from the entity. How willing is the entity to answer the question? How certain is the vibration?

Sometimes it is obvious when you are dealing with a discarnate entity. Most of them are not aware enough to know how to answer complex spiritual questions or inquiries involving the right use of free will. Many will take pride in being a discarnate entity. Some do not even know that they are discarnate. They believe they are sovereign beings and are not aware that they have a parent part in the higher dimensions that is waiting for them to return from the astral planes of Earth.

If you suspect an entity is discarnate, rather than a sovereign entity that is simply vibrating in a dimension that cannot be seen by your physical senses, then ask simple, direct questions, such as "What is your relationship to me?" One such discarnate entity might be all too happy to boast, "I am your Uncle Ted who has come back to help you." In this case, he is probably telling the truth and really wants to help, but, since he is discarnate, his help will likely be limited. If you had a good relationship with him during his recent lifetime and he had a lot of good advice, then it might be wise to lend him an ear. But do not expect him to understand all the intricacies of the spiritual path. At some point, he will need to go to the Light to rejoin his parent part, and it might be important for you to remind him of that.

Human beings who have departed the Earth plane will often visit those they have left behind for a certain period of time prior to returning to their karmic guardians and soul family members

in the higher planes. The period of time will vary. Here is a typical example: Your grandmother passes and for the first few weeks you do not feel her presence. This is because she is being oriented and acclimated to being without a body. Her guardians are spending time with her and are taking most of her attention.

Next comes a period where she might attempt to right any wrongs she believes were committed during her Earthly life, or she might just be concerned for those she left behind and want to visit them. So for the next several months, you receive regular visitations from your grandmother.

These periods seldom last more than a year or two at most. Gradually the visitations will fade as she begins receiving intense counseling from her guardian angels and, in some cases, ascended masters. Within three to five years, she will begin preparations for her next incarnation. If she is a slow learner, it might take five to ten years before she is ready to return to Earth. During this period, you will likely receive no communication from her, as souls are typically not allowed to go back to their past lifetime contacts once they have reached this phase. Instead, they are counseled to focus on what they want to accomplish in their next lifetime.

In the event that they have unresolved karma with you or your loved ones, they might begin attempting communication with you before reincarnating, and if you are sensitive, you might pick up on this and know that there is a likelihood that you will meet again very soon.

Keep in mind that time is very different in the astral and etheric planes. Most souls who take five years between lifetimes feel as though they have been away from Earth for only a few weeks.

If a discarnate entity is trying to contact you, it might be wise to repeatedly invoke the power and presence of your guardian angels, as well as using psychic and spiritual protection throughout your encounter. If you do not wish to deal with entities that are not sovereign, you can specify that only those energies, entities and thought forms that are 100% of God's Loving Light be allowed in your space. This would automatically eliminate most discarnate entities from communicating with you. If there is one deceased loved one that you wish to allow in, then you might want to modify your protection statement to include those energies, entities and thought forms that are beneficial for your soul growth, happiness and well-being. If your loved one does not fit that category, but you still want to make contact, simply add her name after the invocation. "I invoke those energies, entities and thought forms that are 100% of God's Loving Light, and I invoke the presence of Aunt Sally."

In order to better understand why it seems so hard for souls on Earth to integrate their various parts, let us re-examine the part of the soul related to the Higher Self, but quite different in some ways.

Parent Souls

As defined earlier, parent souls refer to that part of the self from which all the minor and major fragments have broken off. Here it gets very interesting, because you have your 12-dimensional Self partially embedded in a human body on Earth. You could say that your soul has three dimensions on Earth, plus a fourth dimension in the realm of mind, and levels five, six and seven in the realm of spirit. Then you have the five group levels beyond that.

The extent to which the soul has embedded itself in the lower dimensions determines the status of the parent part of the soul. When souls are completely integrated into the Earth plane, the concept of parent part is meaningless. Such a soul is fully present in each of the 12

dimensions of existence, including the lower seven levels where the idea of an individual soul has meaning.

However, that is an ideal case. In reality, very few souls are already completely integrated, and so you have varying degrees of consciousness in each of the many levels and dimensions. For the sake of simplicity, we will define the parent part of the soul as the higher-dimensional aspect to the human being living on Earth. The human aspects usually comprise a primary fragment of the sovereign soul. This primary fragment, which we call the human self, can split into numerous major and minor fragments, which can embed themselves in other human souls, can wander through the astral, etheric and causal planes, or manifest in the mental planes as thought forms.

When the human self dies, the primary fragment we are calling the human self becomes a discarnate entity until such time as it is able to reunite with the parent part of the soul in the higher realms (i.e., go to the Light).

You will note that we are repeating some of what we said earlier. This is intentional, as we want to be sure these ideas are clearly understood. You might be wondering why it is necessary to go into such great detail on the nature of the soul. The following section will make a lot more sense if this more basic material is fully understood.

The parent part of the soul can assume the role of primary spirit guide for the human self evolving on Earth. Ordinarily, the term “primary spirit guide” can mean many things, including the six levels of the Higher Self (soul, oversoul, monad, Christic/Buddhic Self, Individual God Self and Universal God Self), or it can refer to one of the guardian angels assigned to the evolving soul on Earth, or it can refer to the twin flame, or it can refer to the parent part of the soul, which is the sum total of sovereignty remaining after all the major and minor fragments are accounted for.

The parent part of the soul is the part that is guiding the human self toward activities and efforts that result in soul integration. The evolved soul wants to be whole and complete and will attempt to orchestrate events and experiences in that direction.

In a “normal” soul interaction, the parent part of the soul directs the human self from on high, and the human self then seeks to retrieve all its major and minor fragments until it becomes as whole as possible while still incarnated on Earth. In a sense, there is a minimum and maximum amount of soul energy that can be present in the human being. If you go below the minimum, your body does not have enough life force to sustain itself. If you exceed the maximum, the human body undergoes physical ascension into the crystal light body (a process described in detail in previous writings).

The parent part of the soul determines how and when physical ascension will occur. There is right timing to everything. If the soul ascends too fast, then the soul lessons will not be completely integrated. Also, there is the possibility of overloading and burning out the physical body. Too slow an ascension creates needless delay and its resulting pain.

When it comes to soul integration, time is a paradox. You have as much time as you need to move into the totality of your being, yet there is an urgency, a need to move quickly and decisively in the direction of healing.

When the human self appears lost in illusion or has adopted unhealthy beliefs and lifestyles and is in danger of not meeting the parent soul’s timetable for ascension, there are various permutations and configurations of soul energy that are sometimes employed to bring the human self back on track.

The most common of these parent soul interventions involves the use of sudden and

unexpected events. Usually the soul nudges gently at first and if the human self still refuses to listen and wake up to the fact that change is needed, then the soul's attempts to awaken the human self become more insistent. This might mean an accident or serious illness that seems to take the human self by surprise. Or it could be a "satori" experience of temporary enlightenment that motivates the soul to change its ways.

It is important to note that the parent part of the soul does not punish the human being. Accidents and illnesses are not seen as such by the higher aspects of Self. In fact, if you see everything as an opportunity for awakening, you might be grateful for any accidents or illnesses that manifest in your human experience. This does not mean that you must suffer unnecessarily. As we said before, suffering is resistance to pain. If you accept the inevitable pain that comes with living in the lower worlds, and do not resist it, then you will not suffer.

Keep in mind that many so-called negative events that occur in the lives of people on Earth are often without significant metaphysical meaning, other than to say, "Be aware and watch out. There are a lot of hazards on Earth." Many of you are accustomed to thinking everything has an important message. While that is often true, sometimes the message is just to be careful and pay attention to the physical details of Earthly life.

In a significant number of cases, accidents and illnesses are still not enough to trigger awakening. At that point, the soul either precipitates the exit of the human self from the Earth plane in the hopes that starting over in a new life will offer better solutions, or there is the potential for a partial or total soul transfer. The next section will explain what a soul transfer is, why it occurs, and how to recognize it.

Soul Transfers

A soul transfer occurs when a parent, primary fragment or collection of major and minor fragments of a particular soul having a human experience on Earth, changes places with a parent, primary fragment, or collection of major and minor fragments of another soul that is either experiencing life on Earth, is in a discarnate state, or normally resides in a sovereign state in another world or dimension.

Soul transfers occur between the various configurations of the soul. Such exchanges may be confined only to certain levels and dimensions of the Self, or may encompass the entire lower levels of the souls involved (except the physical body, of course). If they include all the lower levels, there will usually be aspects of the original soul that remain with the physical body, namely, some basic learned attributes of the ego/personality and memories of that lifetime. Let us explain below.

Temporary and Permanent Soul Transfers

Soul transfers can be temporary remedies to move a particular human being in a new direction. As soon as the goal is accomplished, the two (or more) souls involved in the transfer may revert back to their original configuration.

The easiest way of visualizing soul transfers is to think of a person who does trance channeling, whereby the spiritual energy and consciousness of another being temporarily enters the body and speaks through the channel. You could think of trance channeling as a "temporary partial soul transfer." A part of another soul is using a part of the soul who is acting as channel.

The purpose of trance channeling is usually to present a viewpoint that is difficult for the

channel to express in ordinary human consciousness. Often, the soul speaking through the trance channel or medium wishes to effectively bypass the human ego/personality by having the personality temporarily leave the body, or go to sleep, as the case may be. We will talk more about trance channeling later in this section.

When another soul comes into an existing human body for extended periods of time, or permanently, and the soul that normally occupies that body leaves, or goes unconscious, this is referred to as a “walk-in” experience.

Walk-Ins

The term “walk-in” actually refers to a total soul transfer. However, complete soul transfers are quite rare and are only utilized in extraordinary circumstances. To keep this simple, a total soul transfer, or walk-in experience, means that two sovereign entities reach an agreement (consciously or unconsciously from the human point of view) to swap bodies (or in the case of a human and sovereign entity not on the Earth, or a human and discarnate entity, to switch places).

Let’s start with a direct swap between physically embodied souls. In other words, let’s say you have two human beings occupying two physical bodies. The souls who are normally in control of these two human beings decide to swap bodies. This means the entire parent part (along with the primary fragment, and some of the major and minor fragments) of one soul merely leaves the body it has been occupying and takes up residence in another human body, while the second soul and its fragments now occupy the first human body.

While that is the simplest mode of soul transfer to understand, it is not very practical and is rarely utilized. When this mode of transfer is used, certain aspects of the body, lower mind, ego, personality and emotions typically remain with the original body. It cannot be otherwise, because if all levels were completely transferred and just the body remained, the new soul coming in would have no reference points. The body/mind complex that is being walked into has cellular memories, ancestral information, talents and abilities, and language that must be remembered even though a different soul is now “operating” this body.

In actuality, a complete swap that includes all aspects of the ego/personality would most likely cause the death of the physical body, or at least trigger a catatonic state, since the new soul would bring all of its sensory memories and cellular programs into a body that has never had them before. The sudden change in cellular programming would cause the physical body to shut down. Also, such a total transfer would make it very difficult for the new soul to communicate with other human beings who are part of the original soul’s life experience. In some cases, the new soul would have to learn a new language (unless the transfer is occurring between souls who have the same cultural background).

Let us use an example to illustrate how the walk-in experience might transpire between two human souls.

Dr. Jekyll is a scientist with many degrees who has extensively studied psychology. He is a calm and patient person, with a loving wife, and is slow and deliberate when making decisions. He has an “analytical” personality type and is well respected among his peers.

Mr. Hyde is a wild and crazy, party-going young man, very eccentric, flashy and showy, who is always trying to impress people. He is impulsive and makes a lot of sudden changes in his life. He has trouble holding down a steady job, and has been through dozens of short-lived relationships.

For some reason known only to Dr. Jekyll and Mr. Hyde, the two souls decide to swap bodies. Perhaps it is because they truly desire to experience the seemingly opposite polarity of each other

and feel this is the best way to get a full experience. So Dr. Jekyll enters into Mr. Hyde's body and Mr. Hyde enters Dr. Jekyll's body.

From the viewpoint of Dr. Jekyll, as he enters Mr. Hyde's body, he has suddenly "become" Mr. Hyde. He now has a memory of all 25 lady friends that became short-lived relationships. He feels the obsessiveness and impulsiveness that is Mr. Hyde's trademark. He senses and experiences the endless parties, with various intoxicating substances, while at the same time remaining somewhat detached in the background. He is still Dr. Jekyll, but he is experiencing the life of Mr. Hyde.

Although his mannerisms and behaviors will approximately match

Mr. Hyde's, his overall consciousness is very different. He brings a lot of scientific knowledge into Mr. Hyde's life experience. To someone who is used to being around Mr. Hyde, something has changed remarkably. All of a sudden, Mr. Hyde seems to have a great deal of scientific knowledge that he previously lacked. His friends are fascinated with this change of personality in their boisterous companion. "Why, Mr. Hyde, I had no idea you knew anything about quantum physics," they exclaim.

The longer Dr. Jekyll remains in Mr. Hyde's body, the more the higher consciousness of Dr. Jekyll's soul will affect the ego/personality of

Mr. Hyde. Of course, Dr. Jekyll has taken on the history and genetics of Mr. Hyde and has a memory of Mr. Hyde's early life. Yet to those who spend time with the new Mr. Hyde, it seems this history becomes less and less important. The obsessive emotional patterns and programs, while still present, have lost their energy. A cool, calm, collected personality seems to be overlaying the loud and impulsive character that was there before.

Mr. Hyde's soul, on the other hand, has entered the body of Dr. Jekyll. Mr. Hyde feels and experiences the calm and methodical personality of Dr. Jekyll, yet the adventurous soul of Mr. Hyde rapidly begins overlaying the calm, rational side of Dr. Jekyll. The doctor's friends are amazed that now this dedicated scientist has suddenly decided to go on a party cruise, and takes up marijuana and beer.

A discussion of quantum physics with Dr. Jekyll's stoic and conservative friends becomes a source of embarrassment when the new Dr. Jekyll cannot concentrate and remember a basic formula. The knowledge of the formula is probably still there in the memory banks of Dr. Jekyll's original body/mind/personality, but Mr. Hyde's consciousness is making it hard for him to focus on such analytical matters.

In an ideal situation, both souls have access to each other's database of knowledge, so there is an exponential gain in life experience as a result of this soul transfer. In real life, however, the shock of taking on a personality very different than the one the souls are used to, will impose a number of challenges. The degree of these challenges depends a lot on how intensely the parent part of each soul is embedded into the human experience.

From a higher perspective, each man is deeply spiritual and has a lot to offer the world. Dr. Jekyll's scientific mind can help humanity greatly, and Mr. Hyde's ability to try new things and be adventurous can be an advantage as well. The souls of each man are enriched by the transfer experience, even though there are a lot of difficulties in addition to the ones illustrated above. For example, the spouses and close friends of the two men are likely to be horrified at some of the changes, and might even suggest a good psychiatrist. In the event that either man medicates, this could severely interfere with the soul purposes behind the transfer.

In actuality, a soul transfer of the type just described would rarely, if ever, happen. Usually, only one of the souls is conscious in the ways described herein. The original soul might go into a

stasis, or watch from the higher realms, as the incoming soul goes through the human experience. If the transfer is between two embodied souls, one of them may be dying, or in a coma, or already have a severe physiological and psychological imbalance. The souls then determine that, rather than allowing the sick soul to die, they will try the transfer, and the soul leaving the dying body will be in the observer mode, or go elsewhere in the universe to be counseled by karmic guardians and soul family members, while the incoming soul will breathe new life into the dying body of the departing soul. To those in the life of the dying human, there is a miraculous recovery and complete change of personality, from their perspective.

Soul transfers involving one embodied soul and one discarnate entity are more common than dual embodiment transfers, but just as rife with problems, since the discarnate entity, while possessing some specific knowledge and wisdom unique to the situation, will probably lack enough awareness to create a smooth transition. You can liken this situation to a trance channeling that goes on indefinitely. The incoming entity may comprise a mixture of light and dark energies, and will most likely interact with the existing personality in an imbalanced manner.

Usually the only time this form of soul transfer is allowed is when there is a specific lesson to be learned by the two participating souls that can only be accomplished in such a manner. The soul that leaves the body will likely be in a discarnate state after the transfer and may act as a spirit guide to the discarnate entity who has entered the body.

In the case of transfer with a discarnate entity, the parent parts of the two souls will most likely be watching from the “sidelines,” meaning the higher realms, and will be evaluating the success of the transfer, ready to change the arrangement if the lessons are not learned.

More common, and more useful, is a soul transfer whereby one of the souls is not in embodiment on the Earth, but is a sovereign being in the higher dimensions. This arrangement often benefits both the incoming and outgoing souls. The incoming soul gets to experience being in a human body and having a direct experience of Earth, while the outgoing soul gets to experience going into the higher realms without having to go through spiritual or physical ascension.

In a few rare cases, the outgoing soul might be assigned to walk in to another body somewhere on Earth (or another lower density planet), but in most cases the outgoing soul will leave and go into the higher planes, particularly if such soul no longer wishes to remain on Earth.

If the soul that is leaving the body is highly conscious, he or she will have an experience similar to spiritual ascension, meaning that this outgoing soul will experience leaving the body and rising up into the higher planes, to be greeted by karmic guardians and soul family members, who will then debrief the soul and prepare him or her for the next experience of evolution. That next step might be to assume the role of spirit guide to the soul who has walked in to the body, or it might be a new assignment somewhere else in the universe. It could also involve an extensive period of counseling and spiritual lessons given by various ascended masters.

In this case, there is only one human being involved, and to those observing from outside the soul transfer, there seems to be a sudden and inexplicable change of personality in this human soul. Since aspects of the original personality usually remain intact when the new soul enters (and the old one departs), what observers are witnessing is not so much a personality change, but a reaction to the new energies and consciousness coming into the human form.

The analogy of trance channeling is useful here. Just imagine knowing someone, possibly for several years, and then having him or her enter into a trance and bring through another being, and then that being stays indefinitely in your friend’s body. The entity would have access to your

friend's personal database of experience and could recall details of your friend's early life, but there would be a sense of detachment.

An example of this could involve a sovereign spirit being named Toby entering into a human woman named Martha. The one known as Martha seems to go away and a male voice, with masculine mannerisms, appears to take over the body of Martha. When asked about Martha's early childhood, Toby might respond with something like this. "I am Toby in Martha's body. I see that Martha had a serious fall at the age of five and became partially paralyzed in her left side. I observe that she had a boyfriend for ten years starting at the age of 20 and broke up with him three years ago. She loves chocolate, etc."

In this case, aspects of the original personality of Martha, along with memories of her upbringing and knowledge she has accumulated, remains, but is overshadowed by the mannerisms, knowledge and memory of the incoming soul. "I am Toby, from Pleiades. I come from a highly technical and scientific society where all souls are educated in how the universe works. We have no war on our world and every person's basic needs are met, yet there is an appreciation of individuality."

What happens to Martha's soul? Does it retain the memories of her life experience? If Martha's soul has gone into the higher planes to observe, then yes, there is an awareness of the life just lived on Earth. If her soul incarnates into another body in another time and place, the experiences she has just had on Earth (before Toby took over) are retained in Martha's causal body. In this type of soul transfer, the causal body remains with her original soul, so Martha would have the ability to fully recall her past lifetimes, as well as the lifetime just lived on Earth.

In other words, the part of Martha that has left her original body (a primary soul fragment) joins with her parent part in the higher realms prior to re-embodiment or continuing on with her soul journey.

Toby, in Martha's body on Earth, has memory of both Martha's past and his own.

One more way to imagine this scenario is to think of the human body as an automobile. If you sell your existing car and buy a new one, and both are well-used vehicles, you assume the history of the car you have just bought, along with all its idiosyncrasies and "personality." Yet your energy is now the dominant pattern that overrides the energy that was in the car prior to the sale. If the previous owner was kind and gentle to the car, and you are not, the car may react to this sudden change of energy even though cars are not considered sentient beings.

Let's go through one more theoretical case study of a walk-in, but before we do, let's review what the incoming soul will experience as he or she comes into an existing human body.

For the incoming soul, there are several critical factors to making this soul transfer a success. As mentioned earlier, it is important for certain aspects of the embodied soul's personality to remain, especially if the incoming soul has not been in physical embodiment recently or at all prior to the transfer. The incoming soul is assuming the history of the body/mind complex associated with the outgoing soul. That means the new soul will be given a history lesson on what this particular body/mind complex has experienced so far in this body's lifetime. For example, let's say the original soul was named Peter, and the new incoming soul is named Paul. A debriefing for the incoming soul might sound something like this.

"Welcome, Paul, to the life formerly known as Peter. Peter has a family. His father is Ralph, his mother is Alice, and they live in Liverpool, England, at this address. You have grown up with two sisters, Betty and Mary. You have a spouse, whose name is Marianne. She is pregnant with your first child, whom you have decided to name Steven. Peter has left this body because his soul gave up on him due to his refusal to let go of old patterns of behavior that have been hurting

everyone in his family. Your job as the new soul in Peter's body is to bring healing and compassion to Peter's family and help them recover from the constant abuse that Peter has heaped on them almost daily. Peter's family will have a very difficult time adjusting to your energy. They will become aware that something has changed radically. Peter's body has just recovered from a serious illness and his family thinks he has suffered brain damage from the illness. That is their way of explaining the sudden change in his consciousness. Your job is to assume as many of Peter's characteristics as possible, but to introduce higher spiritual concepts to Peter's family."

To help Paul adjust to Peter's life, all of Peter's memories will be downloaded into Paul's consciousness. Peter's body will retain many of its former characteristics, including its strengths and weaknesses, and there will be a memory of Peter's illnesses, accidents, and other intense energetic experiences. Although Peter's body will remember how to do many things, some of these talents and abilities will be difficult for Paul to assimilate, depending on his past life experiences on Earth, if any.

It will take Paul quite a while to acclimate to Peter's body and while he is doing this, his family will likely be quite upset with the changes they see in what they think is still Peter. As time goes along, they will adjust to the new "Peter" and will come to love and respect him, to the best of their abilities. They might be overjoyed that the new "Peter" does not have the violent temper tantrums that the old Peter had. Once they get used to the changes, they might even be open to some of the new spirituality that their beloved has suddenly acquired. The new "Peter" might make up a reason for this, such as having a near death experience during the illness where he suddenly "saw the light."

There are over 15,700 walk-ins on Earth at the present time. Because this is a delicate operation and involves a lot of relearning and adjustment on the part of the souls involved in the transfer, much preparation and planning goes into these arrangements prior to the transfer. In some cases, the souls involved may have pre-arrangements going back before the original soul's incarnation.

In the above case of Peter and Paul, they may have been in the higher realms together many years prior to the transfer, as Peter is getting ready to incarnate. Paul says to Peter, "At the age of 33, I will walk into your Earthly body and you will return to the higher realms to be my spirit guide."

However, this is not the most common way walk-in experiences come to be. More often, the soul who originally incarnated realizes, after the fact, that the goals and purposes of that lifetime are not being fulfilled and then summons help, in this case from Paul.

How do you know if someone is a walk-in or not?

Keep in mind that true walk-ins are quite rare. This channel has met a few of them on his many journeys. If there are over seven billion souls on Earth (including sovereign beings and fragments), and only 15,700 are walk-ins, this amounts to about 1 in every 500,000 humans. Unless you have a really good reason to meet one, it is not likely to happen. The parent part of your soul will usually find an easier way to help you learn your lessons.

There are some walk-ins who have retained not only their higher-dimensional awareness, but have become very good at teaching about those realms from within the personality structure of the body/mind complex they have assumed.

In such a case, the walk-ins may offer workshops, seminars and events on various spiritual topics, and in some cases, may have decided to "come out of the closet" and announce that they are walk-ins.

Of course, discernment is in order here. Not every soul who claims to be a walk-in is telling the truth. Some souls may have convinced themselves that they are walk-ins, when in fact, they have just had a change of personality, or a sudden epiphany or realization. In a few cases, their egos or spirit guides may have deceived them into thinking they are walk-ins, perhaps because it makes them or their spirit guides feel special or privileged in some way.

True walk-ins tend to have a lot of real knowledge that is hard to come by on Earth. One of the walk-ins this channel encountered many years ago had detailed knowledge of top secret military operations and things like that, which were later verified to be true by someone who had an above-top-secret clearance working for intelligence units of the government. Neither the soul walking in, nor the military man, had any prior knowledge of each other, and the walk-in had never experienced anything to do with military intelligence while in a human body. In this case, the channel used his clairvoyance to determine that the claims were accurate, but nevertheless appreciated the fact that much of the information was corroborated by others.

Ultimately, it does not matter whether someone is a walk-in or not. It might be helpful to know, from a therapeutic standpoint, because you will be better able to understand the challenges the incoming soul is facing as he or she assumes an existing personality structure on Earth. However, all of the information available through walk-ins can be obtained on your own with diligent spiritual study. Walk-ins, like spirit guides, are here to help, but you are the ultimate teacher (and student).

Partial Soul Transfers

A full soul transfer involves the exchange of every level except aspects of the ego/personality complex and basic memories, and is often quite difficult, for the reasons given above. Another method frequently employed involves the transfer of one or more aspect of two souls, or a transfer of certain levels only. This is possible due to the malleable nature of soul energy.

What is a partial soul transfer? Let us explain the two types, fragment transfer and aspect transfer.

In a fragment transfer, one or more major fragments are exchanged between souls, but the sovereign entities remain in their respective realities. In our example of Peter and Paul, Peter may have a major fragment that is out of balance and causing mischief on Earth. Paul may offer to take Peter's major fragment into his own being and exchange it for one of his major fragments. Now Paul has the mischievous part and Peter has acquired a more peaceful and aware part from Paul.

The advantage of this form of partial soul transfer is that it does not require such a radical adjustment period. A great deal of Peter's energy body is still intact, but part of it has changed noticeably. People who witness this partial transfer may attribute it to some new psychotherapy, or revelation occurring within meditation, on the part of Peter. A few advanced clairvoyants might sense that Peter is working with a new spirit guide that has proven to be quite effective in getting Peter to change his behavior. The fragment of Paul's soul that has embedded itself in Peter's aura will likely be perceived as an entity in Peter's personal energy space. If the new fragment in Peter's space is small enough, this will likely not be detected by clairvoyants, although it might show up as an unusual color or pattern within the auric field.

A more complex, but just as common, type of partial soul transfer involves the exchanging of a level of awareness or aspect of self. In other words, the emotional, mental, astral, etheric or causal body of one soul is exchanged with the like body of another soul.

Aspect transfers can range from exchanging only one level of being, to exchanging all but one

level of the lower bodies (except the physical). In other words, two souls might agree to swap their emotional, mental, astral, and etheric bodies, keeping just the physical and causal levels unchanged. While this sounds unwise at first glance, the middle bodies are usually the ones that have the greatest difficulty. In severe psychosis or extreme personality disorders, souls might agree to do this rather than have the original soul stay on Earth in a state of extreme imbalance.

If just the emotional and mental aspects are transferred during a human/sovereign entity swap, there will still be cellular memories in the human's physical body that correspond to the emotional and mental levels of the original soul, as well as some aspects of an existing ego/personality complex.

A swap of the emotional and mental levels would typically be very difficult for the incoming soul because such a being would be overlaying different emotional and mental patterns over the cellular memories of the outgoing soul. If a lot of the outgoing soul's original emotional and mental programs are embedded in the cellular structure of the physical body, the incoming soul will be limited in its abilities to overlay the new patterns. Since the causal body of the outgoing soul is still intact, the incoming soul will have an understanding of the various timelines of the outgoing soul but will lack the full emotional and mental understanding of what took place.

From a physical point of view, this type of transfer usually manifests as severe amnesia, or short and long-term memory loss, in the human being that has received the transfer. After the transfer, the person, who may have already been exhibiting severe psychosis before the event, now suddenly cannot remember who he is and has little or no memory of anything occurring before the transfer. Strangely, from the point of view of psychiatrists and therapists, he suddenly seems to have a sense of mission and purpose, and can recall events along his timeline in a detached sort of way, but has no recall of specific events unless they are imprinted in the causal body. It is as though he has lost his emotional and mental abilities, which of course would perplex the psychologists greatly.

Most often, a partial soul transfer will target just the level of self that has become the most imbalanced. It is usually a good idea to retain as much Earthly experience as possible for the outgoing soul and to try and return to the incarnation if at all possible, but it is not that simple. Due to the fluid nature of soul energy, a level swap is rarely clean and neat. The two (or more) souls usually take on some of each other's minor fragments when doing a level swap, since they must have a close kinship in order to make the swap successful.

Let us summarize the various configurations possible during a total or partial soul transfer:

- Two souls exchange all levels except the body (and the body retains certain cellular memories, such as how to walk, talk, drive a car, etc.) This usually involves the total amnesia described earlier, since the incoming soul has no reference points for the outgoing soul's life experience (except the cellular programming). As stated above, this rarely works and usually only occurs as an alternative to the death of the physical body. Souls agreeing to this arrangement will need to have a strong reason to keep the existing physical body, and the incoming soul will have a strong desire to experience Earthly life without coming through the birth process
- Two souls exchange only their astral, etheric and causal bodies, leaving the emotional and mental levels intact. This is done primarily as a teaching device for souls on Earth. The ego/personality of the outgoing soul remains intact, but now he or she appears to have a higher intelligence coming through that was apparently not there before. This is the most common type of soul transfer, as detailed above.
- Two souls exchange only their emotional bodies (with their mental bodies still intact). While

this is theoretically possible, it would only be employed in cases of extreme psychological imbalance, because the outgoing soul still has the original core negative beliefs, ideas and concepts, but no longer has an out-of-control emotional body acting out and causing harm to others. Having the emotional body of another soul, with its cool, calm, rational detachment, makes it easier for the soul to come to grips with the mental patterns that need to be healed. For the incoming soul who has taken on the volatile emotional body, healing is relatively easy because there is mental detachment. It is like viewing a violent movie without becoming identified with the characters.

- Two souls exchange only their mental bodies. To an outside observer, this might look somewhat like what occurred with Dr. Jekyll and Mr. Hyde, except that the changes would appear mostly in the realm of knowledge. Now, Mr. Jekyll is still cool, calm and rational, but has forgotten much of his scientific knowledge and may be suddenly curious about more spontaneous experiences, while Mr. Hyde, still his boisterous self, might suddenly seem to have acquired a lot of intellectual prowess.

- Two souls exchange both their emotional and mental bodies, leaving all other levels intact. At first glance, this might seem to be a very convenient way of eliminating 80% of the world's problems. However, it often deprives souls of necessary experience, especially if they have not totally understood the dynamics of their emotional and mental bodies. For this reason, it is discouraged and is rarely encountered.

- Two souls exchange only their astral bodies. In most cases, this is not done unless both are extremely advanced in self-awareness and have a specific reason for the exchange. If there is a lot of effluvia in the astral body of the outgoing soul, the incoming soul may take this on and heal it quickly before undoing the exchange, so most likely this arrangement will be temporary. The human soul will likely not be aware that this has happened.

- Two souls exchange their etheric bodies. This is usually a temporary way of giving an Earth-bound soul an experience of higher consciousness, or of allowing a human being to have an energetic experience of the higher realms as a “satori,” in order to catalyze the human's motivation to be on the spiritual path. Etheric body transfers can also be used to heal a number of illnesses because they overlay a new blueprint over the existing physical body. The Earth-bound soul might feel he or she has a new lease on life and that a miracle has occurred. Typically, the incoming soul will be extremely advanced and able to effect healing on the damaged etheric body of the outgoing soul. Again, this is normally a temporary arrangement.

- Two souls exchange their causal bodies. This is almost always done exclusively as a teaching device for souls on Earth. The incoming soul will have a vast knowledge base, with immediate access to the Akashic records, and will essentially download this database into the Earth-bound soul. Once the human soul has enough understanding to be able to access this information on his own, the transfer will likely be undone. The incoming soul might consent to this arrangement in order to learn first-hand about the past lifetimes of the outgoing soul, thereby understanding how to effect deep and lasting healing.

How do soul transfers affect the psychological state of human beings? Souls who have a lot of fragments of each other's energy embedded within them might seem to manifest schizophrenia, split personalities, or multiple personality disorders. In the case of soul transfers, these fragments are major aspects. Typically, if the transfer is going to cause a lot of problems psychologically, it

is not done. In many cases, the new problems introduced by the swap will have already been determined to be less than the problems occurring before the transfer.

Keep in mind that soul transfers usually occur only between highly evolved souls. The outgoing soul has a contract with the incoming soul. Together, they have determined that the human experience of the outgoing soul is just too difficult in its original form, and so they choose to help each other through a swap.

Two Souls in One Body

In some cases, the departing soul is unable to get out of the body when the incoming soul enters. This might happen if the outgoing soul has a lot of control issues and is afraid to leave things undone.

In the above example, both souls are in the same body at the same time. This scenario can be quite tricky and risky. In this case, instead of the original soul going off someplace, or entering a different human body, that soul remains and simply shares space with an incoming soul.

If the two souls have a long history together and are members of the same soul family, this configuration can work well, but if there are a lot of differences, there is the risk of severe psychological imbalance.

The conscious mind of such a person, as is typical of the mental plane, generally concentrates on one thing at a time. Having two souls interacting within the conscious mind may precipitate a sort of “Dr. Jekyll and

Mr. Hyde” type of personality disorder.

Even if the two souls are a lot alike, there will be significant differences between them. Unless they work together extremely well, there will be the job of coordinating who is going to be in charge and when. Most likely, the new soul will act as a counselor or teacher to the old one. Ideally, one will be “in control” of decisions, while the other one watches and counsels, as appropriate.

The physical body will likely experience a lot of stress during this arrangement, because no matter how close the two souls are, in a cosmic sense, their energy and vibration will be different, and the body will need to be constantly adjusting to the dominant consciousness embedded within it. A common manifestation with dual soul occupation, is a sense of bipolar disorder. Another is manic-depression, particularly if the old soul was prone to negative emotional swings prior to the entry of the new soul.

Multiple Souls in One Body

It is possible for a group soul complex, or simple group of souls, to enter into one human body on Earth, with or without the presence of the original soul. If the original soul departs and several new souls come in, the human being may exhibit behaviors similar to that of multiple personality disorder. To an outside observer, it is as though the original person is no longer there and all these strange personalities have taken over. If the original soul remains intact, there will be frequent or occasional returns to the old, familiar behavior and personality, followed by long periods of what looks like multiple personality disorder. This will also be quite difficult for the physical body, due to the constant fluctuations in energy caused by differences between each soul’s level of vibration.

Multiple Personalities versus Multiple Souls in One Body

If two or more souls are in the same human body, it might look, to the inexperienced therapist, like multiple personality disorder, bipolar disorder, or some other split personality profile. The best way to tell the difference is to test the intelligence level of the various “personalities.”

In multiple personality disorder, there may be one highly intelligent aspect, but the rest of the aspects will tend to be highly specialized in a particular way, with little or no knowledge of the soul’s overall educational background or life wisdom gathered over many years.

Oftentimes, the various personalities will be juvenile, or immature, such as a pouting little child, angry rebellious teenager, and cool, calm, rational, but apathetic self.

In the case of multiple souls in one body, each so-called “personality” will display a great deal of intelligence and well-rounded knowledge. While there may be specialties, the various aspects are not confined to single-minded behaviors, such as pouting or rebellion. More likely, it will seem, to the casual observer, that there are several different teachers speaking through the human being, each with a gift of higher knowledge.

Multiple souls in one body can be confined to one or several levels of the self. This depends on many factors, including the difficulties anticipated by the souls during the transfer, or the purpose of the transfer. In a few cases, multiple souls may intentionally occupy the same body at the same time in order to gather a summary of the original soul’s life experience, particularly if the body is highly diseased or in imminent danger of dying.

It is generally very difficult for the physical body to house more than one soul, since each entering being has its own unique soul signature (specific level of vibration and unique characteristics).

In some cases, a group of souls may have a specific purpose for coming to Earth and operating through a particular human body. In trance channeling, group soul complexes often come through channels, so it is not that hard to understand how this works. Imagine a group of souls coming in and instead of leaving at the end of the trance channeling, they stay in the body indefinitely.

This can work if the group is unified and has one purpose, but if the incoming souls are not all on the same page, a lot of chaos can develop. It is possible that some souls are merely experimenting or trying different configurations because they are curious. If the original soul assigned to the body has learned everything it wants to learn from being on Earth, but is not yet ready to ascend, he or she might call in other souls to cohabit that body, just for the experience of it. However, this can have negative consequences if the level of awareness of each incoming soul (especially on the emotional level) is not integrated sufficiently.

We are aware of a few trance channels who are housing multiple souls continuously in their human bodies. There are some who work with a lot of different spirit guides and teachers during trance mediumship, and are in trance mode so often that it seems they fall into this category. Students close to the channel often report that the original personality of their teacher is almost never present — there are always one or more entities speaking through the medium.

An example of a teacher that acts like a way station for various entities from multiple levels of vibration is John of God, a Brazilian teacher who invites students to his casa for varying lengths of time. In his example, the decision to constantly bring through entities from many levels and dimensions has compromised his physical health. Although he has soul contracts with most of the entities, this does not make it easy for the body to handle constantly changing energies.

Channeling

Over the past 20 to 30 years, thousands of humans have announced that they are channels for beings from higher dimensions. Now that we have given a foundation for how souls from other realms can come into the human body, let us take an in-depth look at the subject of channeling and the various forms it can take. We consider this section important because bringing energies, thought forms and entities into the body, consciously or unconsciously, can have a significant positive or negative impact on your ability to achieve soul integration.

Trance Channeling and Trance Mediumship

We will now spend a little more time looking at trance channeling and mediumship, since it offers a way for souls from other levels and dimensions to experience the Earth plane without actually incarnating here.

Generally speaking, there is no difference between trance channeling and trance mediumship, except that we are making a slight distinction. Trance channeling refers to any time a human being allows a spirit guide, sovereign or otherwise, to speak through the body without the awareness of the ego/personality who normally belongs to that body. To the ego/personality, the human being doing the channeling might seem to go to sleep, or somewhere out of body, and when he or she returns, the channeling has taken place, but with no conscious recall of what was said or done.

Trance mediumship, on the other hand, refers to a more intimate relationship with various spirit guides, teachers, ascended masters, discarnate entities, and the like. The medium, while technically unconscious during the channeling sessions, has a highly developed relationship between him or her and the various spirit guides he or she works with.

As stated before, trance channeling and mediumship involve a temporary total soul transfer. Essentially, all the levels except the physical body and part of the ego/personality are exchanged for varying periods of time with another sovereign soul or souls from higher dimensions, or a discarnate entity or entities from the astral, etheric or causal planes. If the transfer is with discarnate entities, there may be limited ability for the channel or medium to function autonomously during the session, since the entity's knowledge of how to use the human body might be incomplete. (Even with higher dimensional sovereign entities, the effects on the channel's body can be problematic, due to the need for the body to quickly adjust to a higher frequency.)

If the incoming souls have well-developed ego/personality complexes, such aspects will interact with aspects of the outgoing soul's ego/personality complex to some degree, since the ego does not completely exit with the rest of the incarnated soul, but only seems to go to sleep or become inactive. Again, what happens to the ego/personality during trance channeling is highly dependent on the level of awareness of the souls involved, and how many control issues there are. In most cases, the original ego/personality is still there, but is simply inactive, or, in the case of highly evolved humans, is watching, observing, learning and growing from the knowledge and wisdom of the incoming soul or souls.

Generally speaking, if the session involves discarnate entities, some of the levels of the original soul are left intact, meaning that the transfer is partial rather than total. This is because the discarnate entity is only bringing some aspects of the other soul into embodiment. The parent part of the incoming soul is supervising from the higher realms, and might even abort the channeling if the incoming soul is not interfacing in a healthy way with the channel.

If the energy of the incoming soul or souls is too intense, or incompatible in some other way, with the energy of the outgoing soul, the parent part of the incoming soul will likely intervene in

the channeling, or simply refuse to allow the discarnate entity to come in. Of course, this depends on the level of consciousness of both the incoming and outgoing souls, since it is certainly possible for the discarnate entity to override the desires of the parent parts; hence, the difficulty with realms of free will.

When a sovereign being, or highly evolved discarnate entity representing a large, major soul fragment of the incoming soul, comes into a trance channel or medium, such an incoming soul accesses the Akashic records of the soul who usually occupies the human body of the channel or medium. Between the Akashic records, the guidance of soul family members and parent parts in the higher realms, and preconceived knowledge of the channel, the incoming soul already knows a great deal about the outgoing soul.

The incoming soul might have a debriefing with his or her soul family members (or parent part, in the case of a discarnate entity). An example of a hypothetical dialog between the incoming soul and its helpers in the higher realms might go something like this:

“Today, you are going to enter the body of Mrs. Nancy Addison, who lives in Copenhagen, Denmark. Mrs. Addison has been working with beings from several different levels and dimensions, so her body can handle your energy. She is the mother of four children and has a loving husband. She prefers to remain out of body for one to two hours, so make sure you depart between 60 and 120 minutes in Earth time after you enter her body. She tends to twitch a lot when spirits are in her body, so do not let that distract you from delivering your message. She has a background as a science teacher and understands a lot of technical terms, so feel free to use them when you speak through her. She was born in the United States of America and speaks several languages, but her audience today is mostly English, so she will be speaking that language. She has several emotional issues. You can access her emotional background through the Akashic records if you need to retrieve information about her issues. Some of her emotions are well-embedded into her physical body and you will feel them as you enter. She has a tendency to get nervous and restless a lot, and you will probably need to move her body around frequently to keep her physiological reactions from distracting you.”

Keep in mind that all of this debriefing information is being given to the incoming soul by his or her spirit guides prior to coming in to the channel or medium, and it is not going to be in a convenient dialog like the one given above. More likely, it will be telepathically transmitted very quickly as the incoming soul is entering the body.

The main advantage of trance channeling and mediumship is that it usually bypasses the ego/personality of the human being delivering the message. In conscious channeling (discussed next), there is the risk of the ego/personality interfering with the message that is coming through, interpreting it inaccurately during the channeling, or in some way distorting the message. This is less likely to happen if the ego/personality is unconscious or somewhere else.

The main disadvantage of trance channeling and mediumship is that it is often difficult for the human body to make the transition between the different energies of the beings coming through. For example, if the soul normally occupying the body of the human being has a much lower energy than the incoming soul or souls, the body must adjust repeatedly every time there is a session, going back and forth between high and low energy states.

This author has witnessed numerous instances where trance channels and mediums have needed help from other human beings to come back from trance after a session. Sometimes it weakens the body. Other times the human being is spaced out or has trouble talking for a while after the session. In many cases, the channel or medium will experience health problems periodically.

You might be asking, “If the incoming souls are so aware, why don’t they do something about these issues?”

Souls coming into a human body and borrowing it temporarily might have a great deal of knowledge about what it is like to be human, but that does not mean it is easy to enter this lower dimension. Many spirit guides simply do not have enough incarnational experience to fully understand what the body goes through when it has to make sudden changes in its energy field to accommodate higher beings. They may have great love and compassion for the human being they are working with, but that is not the same as having a deep and intimate understanding of what the body goes through. Some evolved souls are used to being in a very light state, and the density of the human body is hard to coordinate. Imagine swimming in the sea with little or no clothing, and then donning heavy winter garments and attempting to swim in the sea.

Incoming souls often have enough understanding to pick and choose carefully who they will channel through, sometimes many years before they begin the channeling work. There might be a long preparatory period before the trance channeling or mediumship begins in earnest. In many cases, the souls involved have made agreements prior to the current human incarnation that they will work together in this way.

Trance channeling and mediumship is easier if the incoming souls are twin flames or primary soul family members of the channel or medium, since they are already deeply familiar with the human being they are working with. While spirit guides often cannot fully understand what it is like to be in a human body, they do learn how to “tone it down” or give the human being a rest periodically.

Trance channels that do not have a good relationship with the spirit guides that come through them are prone to health problems and emotional issues. Some try to emulate their guides, who are vibrating at a higher frequency in most cases, and the physical body tries to keep up with the demands of bringing through high frequency energy.

Our recommendation is that channels who want to be gentle to their physical bodies might want to try conscious channeling, or the form that we use, telepathic transmission, which will be discussed shortly.

Conscious Channeling

This form of channeling involves two or more souls inhabiting one human body, but unlike trance channeling, the souls entering do not completely take over the body while the original soul exits temporarily. In conscious channeling, one or more souls, usually from the higher planes, share the human body with its rightful owner. The original soul might watch from a conscious viewpoint within the higher mind, or may collaborate with the incoming soul or souls in sort of a “panel debate” mode.

This author uses conscious channeling when he is working with his primary spirit guide, Leah, and telepathic transmission when working with his other guides, including us, the Founders.

During conscious channeling, he steps back just a little and allows Leah to come in and begin speaking. His voice changes and he seems to speak with a different accent. It is as though he is a student sitting in the front row of a class when Leah is speaking. He is absorbing every word and comprehending most, if not all, of what she is saying.

After a conscious channeling session, the channel may feel uplifted, or roughly the same as before energetically, and rarely feels drained the way trance channels often do.

Because the original soul does not leave the body, there is the potential for the ego/personality

to color the channeling experience. This is the biggest drawback of conscious channeling.

How do conscious channels keep their messages pure? Technically, it is not possible to have 100% clarity all the time when channeling consciously, but it is possible to refine the messages so that what is coming through is almost entirely the energy of the incoming soul or souls. Ideally, the Higher Self of the channel has a deep and intimate relationship with the spirit guide(s) that is/are speaking. In the case of this author and his twin flame, Leah, that is true.

The quality of conscious channeling depends on the level of awareness of the channel, as well as the frequency and vibration of the spirit guide. If both the channel and the spirit guide have a great degree of enlightenment, then the messages will likely be valuable to humanity. If the channel has a lot of unresolved fears, these might affect the purity of the message, especially if the channel has trouble keeping his or her ego out of the equation. Many well-meaning conscious channels have distorted the messages coming from their spirit guides by letting unresolved fears contaminate the message.

This does not mean you must wait until you have resolved all your emotional and mental issues before embarking upon conscious channeling, but it does mean you must be vigilant and continuously invoke protection before, during and after the channeling session.

There is nothing wrong with going back and editing the messages from spirit guides, as long as you do not significantly change the content and context in which they are given. There might be much valuable information in the majority of the messages, with a few distortions here and there.

If the channeling session is being given publicly, or in front of a group of human souls, the energy of the group can also influence both the channel and the spirit guide or guides. Often, the spirit guide(s) will read the energy of the group and adjust his or her energy accordingly. If the group is loving and compassionate, it is often easier for the channel to receive the messages accurately, as he or she is likely to be more relaxed than with a skeptical or judgmental group.

Psychics and intuitives give their best readings to clients who are open and receptive to the messages they are giving. The same is true with channels and spirit guides.

Because of the difficulties in translating messages coming from the spirit realms, the meanings intended by the spirit guides might not make it through the translation in a form that everyone can understand. This does not mean the messages are inaccurate, just that the method of delivery needs work.

What is the difference between conscious channeling and telepathic transmission?

Conscious channeling involves not only ideas and concepts from the spirit guide(s), but also the energetic presence, or signature, of the guide(s). The guide(s) will bring their full power and energy into the session through the channel, even though the channel remains conscious of what is happening. With telepathic transmission, only the ideas, concepts and perhaps images are conveyed, and very little of the energy of the spirit guide(s) gets downloaded into the person receiving the messages.

Telepathic Transmission

When spirit guides are vibrating at a very high level, it is quite difficult to bring their energy down into the Earth plane, and especially into human bodies. Even conscious channeling raises the frequency of the body very quickly if the spirit guides are highly evolved. Therefore, in order to prevent burning out the physical form, overloading it, or overwhelming it with constant downloads of energy, there is a far gentler and more subtle approach to communication from spirit guides.

In telepathic transmission, a small percentage of the energy of spirit guides is brought into the body of the channel, along with ideas, concepts and telepathic downloads (discussed below). The advantage of telepathic transmission is that the channel can work with very highly evolved beings without receiving too much energy for the physical body. Another advantage is that the Higher Self of the human being can interact with the spirit guides more directly and filter the information so it is not so overwhelming to those listening.

Our communication with this channel is through telepathic transmission. He feels a little of our energy and sees us as blue-white stars, which is fairly accurate as far as vision is concerned. He can quickly and easily record our perceptions at his own pace. We transmit in what is commonly called “batch” mode, which means that the information is downloaded into his higher mind and then brought into the conscious mind a little at a time. So it might take us a few seconds to download vast amounts of information into his superconscious mind, and then perhaps weeks for him to fully integrate everything that was downloaded.

A significant portion of this book was given to him telepathically in a matter of a few minutes, and now he is retrieving the information from his own higher mind.

That said, we also communicate with him in real time. The information may come through at a rate he can handle, but our presence does not come and go. We are with him, and you, always. We are eternal, infinite Presence. We are One with our Creator.

Any human being can learn to give and receive telepathic messages. Such communication can occur between an embodied soul and other human beings, or between spirit guides. In order to function telepathically, you need to be both a good sender and good receiver of mental energy. It is best to meditate and quiet your mind sufficiently before attempting to send or receive information. Most souls on Earth have a hard time sending and receiving telepathically because they are constantly distracted by their own thoughts, the thoughts of others, or by life itself. In other words, they are telepathically receiving a lot of discordant messages constantly from billions of other souls while trying to sort out the relevant messages from one, or a small group of souls. (Of course, the majority of telepathic messages being broadcast from within the “sea” of humanity are sent unconsciously.)

As we have repeatedly stated in our various writings, you live in a sea of psychic negativity — almost three-fourths of humanity is putting forth predominantly negative thoughts and feelings. This negativity is picked up by your psychic and intuitive senses and can affect your attempts at communicating with loving and benevolent beings from higher dimensions.

Also affecting your ability to be telepathic are the fragments of your soul and the souls of others that have not integrated their emotional and mental issues. Such parts of the self can react, rather than respond, to messages from on high. If a human channel has not evolved sufficiently, the messages transmitted can bring up a lot of fear or resistance, which can hamper the channel’s ability to receive the messages clearly.

It is suggested by our group and this channel that you frequently remove yourself from crowded cities and public places in favor of a quiet, natural environment, when attempting to communicate telepathically, if you are just beginning on this path.

Telepathic Downloads

The concept of downloads can best be described by thinking of a computer system. The individual computer can download information from the Internet in much the same way that human beings download information from the Universal Mind, or Creator (or from highly evolved beings). Information is transmitted in what are called “energy packets.” These packets of

information, when seen clairvoyantly, look like little sparkling crystals of golden white light. They enter the superconscious mind of the channel and remain there in a compressed mode until accessed. A simple download of a few seconds can contain billions of units of information. The data might get disseminated slowly over a long period of time, or be received in flashes of insight and sudden realizations.

Even if what you are experiencing does not fall into the proper category of channeling, you may be one of those individuals who often receive what is commonly called “flashes of insight.” Let us examine what is actually taking place when this happens.

Intelligent Energy Downloads

Not all telepathic transmission happens in words, phrases, ideas or concepts. The intelligent energy of Spirit permeates all of time, space and beyond. Information can enter the higher mind of human channels as pure energy experiences. You might have a meditation where you are filled with a brilliant light and suddenly you know a lot of things you did not know before. It is as though the universe poured instant wisdom into your consciousness, but it comes in the form of intense energy moving through your aura and chakras. Later, the mind may be able to decipher some of it and put it into words, but it comes in as pure energy.

A true telepathic experience can be sent and received in any Earthly language, or no language at all. Mind to mind communication, at the higher levels, does not depend on words and phrases. There is an instant knowing that occurs. This is extraordinarily difficult for most human beings to grasp, because everything they perceive gets translated into language, as either words or symbols. Yet, the unity of Universal Mind transcends all mental perceptions.

This channel had an experience of intelligent energy downloading over 35 years ago. While sitting on his balcony overlooking the city, he suddenly started feeling massive amounts of energy pouring into his upper chakras. There was a brilliant light coming in and washing through his body, and as this light moved, there was what he called an “instantaneous knowing” that dawned in his mind. It was as if the entire universe had poured its knowledge and wisdom into his brain and down through his body. Suddenly he knew things that he had no knowledge of before, or at least it felt that way.

After this experience, the channel began a serious inquiry into the nature of his spiritual being, getting involved in many personal and spiritual growth groups and participating in several new healing modalities and meditation practices.

How can you have a similar experience of intelligent energy downloads?

Sit in meditation and simply feel the energy coming in through your crown chakra and down into your body. Imagine this energy is intelligent and all-knowing. It knows exactly how to move and what to do. It has a universal awareness that transcends all words and symbols. This is the current of the cosmos rushing through your entire being. It is the living Spirit of God, pouring itself into all things. Today, resolve that you will open your heart and mind to this magnificent Presence and allow it to direct your actions and decisions instead of the ego/personality.

A Basic Primer on Entity Possession

Now that we have taken you a bit farther out into the cosmos in our journey with you, we are ready to come back to Earth and discuss some more of the experiences that can hinder soul integration. Let us begin with the controversial subject of entity attachment and possession.

Earlier we described the various ways souls can fragment. We said that discarnate entities are major soul fragments that have left the physical form and have not yet reunited with their parent parts in the higher realms. Such entities can get stuck in the various levels and dimensions of the astral, etheric or causal planes. Generally, it is much easier to return to the Light from the etheric and causal realms. The place where most of the difficulty occurs is at the astral level.

The astral planes consist of three sub-planes, which for convenience we will call the lower, middle and upper astral realms.

One of the most common ways that souls fragment is through denial. When an experience is very intense, the soul often chooses to cope with this intensity by splitting off the part of the self that is traumatized and intentionally avoiding it. In psychology, this is called conscious suppression. Eventually, the fragment that has been cast off truly gets forgotten and it goes into the realm of repression. Souls with repressed aspects of themselves are not aware that they have negative fragments that have been denied the means to experience and express their trauma.

At the time of physical death, the higher levels of the Self that have been embedded in physicality go immediately into the Light to rejoin the soul's karmic guardians and soul family members in the higher realms. Those parts that have been denied, suppressed or repressed go into the astral planes because they lack sufficient vibration to move directly into the Light. They may wander lost and confused through the many corridors and passageways of the astral planes. If they have emotional attachments to people and situations on Earth, they might hover around the physical plane and appear as ghosts or apparitions to those who can see them.

The Nature of Negative Entities

To a negatively polarized discarnate entity, it is easier to attach oneself to a human being than to go to the Light. What types of human beings do discarnate entities attach themselves to? The Law of Attraction states that souls (and soul fragments) are attracted to similar frequencies and vibrations. Therefore, discarnate entities will tend to attach themselves to human souls with a similar level of vibration. If these entities have a lot of unresolved anger, for example, they will tend to be attracted toward humans with a lot of unresolved anger.

Negative entities do not understand that they are part of a great Light and that that Light is within them. Being fragments, it is more difficult to see the inner Light. Therefore, they look for a Light outside of themselves in order to feel fulfilled. The Light of their soul family may be shining brightly in the higher dimensions, but they are not there. They are in the astral realms with insufficient energy to "escape." (From a higher viewpoint, they are still part of God, but their perception is fixed on the lower planes due to their unresolved emotional attachments.)

The human beings in the vicinity of the discarnate entity have Light within them, enough to attract the entity. If they have the same negative emotions and feelings that the entity has, it is a match made in Heaven to the discarnate entity. (Perhaps we should call it a match made in hell.)

In this case, both the Light within the human soul and the unresolved issues he or she has are attractive to the entity and so it may latch on to the aura or chakras of the human being.

This brings us to the following discussion, involving degrees and levels of taking on negativity by Earth-bound souls. This is an essential part of our program in soul integration and we hope you will give it your undivided attention.

(Note: The information given in this section builds on what was given earlier, regarding energy, thought forms and entities, as well as the part about walk-ins and soul transfers. If you have trouble with any of the concepts on the following pages, please review the above topics before continuing.)

There are several levels of interference by negative energies, thought forms and entities possible for souls evolving on Earth. We are describing each form of negative interference in detail below. Keep in mind our definition of negativity: Anyone or anything which seems to, or actually does, hinder your progress as an evolving soul. That would include anything that delays your soul growth or seems to oppose it, including conflict between various levels of the self, distortion of spirit messages by the ego, unresolved negative emotions or mental patterns including core negative beliefs, unresolved karmic issues including soul agreements and contracts that no longer serve you, and negatively-oriented human beings, energies, thought forms, discarnate entities or sovereign beings that have entered your six lower bodies in some way.

Usually, the following conditions cannot occur unless there is already negativity present within your soul matrix, which then attracts negative conditions in the form of energies, thought forms or entities. Later, we will go into detail on the many healing techniques for resolving and integrating negativity. For now, we will detail the types of psychic attacks and interference possible for souls evolving on Earth.

Negativity in the Aura and Chakras

The mildest form of negative interference involves the energy of negative emotions and core negative beliefs that have become embedded in the aura and chakras of the etheric body. Your aura is like a lint collector, and as we have said before, there are negative energies and thought forms constantly zinging to and fro throughout the Earth plane. The energies that resonate with unresolved negativity already in your own being (from your own traumatic experiences or negative programming) will often tend to get stuck in your aura and chakras.

These patterns might also have corresponding aspects in the astral and causal bodies as well, and they are often easily seen by clairvoyants looking at the aura and chakras.

Although there may already be many negative layers in the etheric body caused by a soul's own unresolved emotions and mental patterns, it is often possible for psychics to see what appear to be daggers, dark splotches, or other dark patterns in the aura and chakras resulting from mild attacks by other souls.

The most common of these involve souls on Earth who have projected their negativity onto the person who is being read. If the client has dark splotches in the aura, they are usually caused by taking on the negativity of people who are frequently around the client, especially loved ones and family members. If the dark areas look like complete layers of the aura (as if he or she is wearing a coat or cloak of a particular color), surrounding the body with dark brown, gray or black, they are usually belief systems and negative emotions originating within the soul being read, but if they are localized or scattered throughout the aura, they are usually from other souls.

Often the soul sending the negativity is not aware of doing this. He or she may be harboring anger and resentment toward the receiving soul and is subconsciously sending negative thoughts.

Sharp daggers of dark energy, usually very black and clearly defined, indicate negativity actually being consciously directed at the receiving soul. These daggers are usually projected by human beings on Earth rather than negative spirit guides or astral entities.

It could be something simple. Suppose Robert, the client, has a mother-in-law, Betsey, who has a lot of judgments about Robert's behavior. When she enters into discussion with Robert's wife, Betsey might say, with vehemence, "That rotten, no-good partner of yours is so vile. I can't stand him. I wish he were dead!"

The hatred within Betsey goes out into the astral planes and attaches itself to Robert at the

point where he is the most vulnerable. It might be in the stomach, where he took in criticism from his own father when he was a child. The similar vibrations of hatred and judgment that he received from his father act as a magnet for attracting the negativity of Betsey. Now, a part of Robert hates himself because he has internalized the negative programming he received from his father. This self-hatred gets reinforced by Betsey (and anyone else who is drawn into this drama).

If the daggers of dark energy are only going part of the way into the aura, they are primarily only affecting aspects of the client's personality and are rather easily removed, especially by forgiving the person who is sending the negativity. For example, if Robert were to hold Betsey in his inner vision and see her surrounded by golden Light, and then forgive her (in the manner described in the next chapter), a lot of the dark daggers and splotches of gray, brown or black would likely be dissolved or move away from his aura.

If the daggers are large, very dark and penetrate deep into the aura of the soul being read, then they are conscious, deliberate attacks by souls who have a lot of hatred and animosity toward the receiving soul. In that case, it might be necessary to do a forceful removal. This is best done by visualizing brilliant white light and imagining this white light spreading out in all directions from the body and pushing everything in the aura out into the cosmos. This technique will be detailed shortly.

The energy of spirit guides and discarnate astral entities that send negativity toward an Earth-bound soul usually shows up as a dark mass of energy outside the aura, with some of it penetrating the aura in a roughly defined pattern at the points of vulnerability. This pattern might look like an apparition, or it might appear as spiny dark splotches seeping into the aura from a large mass near the outer part. This large dark mass may have small pieces of root-like structures that penetrate farther into the aura.

Most negative entities do not have a lot of strong mental power, being discarnate, and so they are unable to penetrate very far into the receiving soul without actually moving their major fragments into the aura. Therefore, most negative thought forms showing up in the aura of a human soul originate from other human beings on Earth who are sending negativity.

Entity Attachment

The next level of negative interference involves actual entities from the astral plane embedding themselves into a human soul. If the entity is relatively weak, or does not have a strong past relationship with the human soul, that entity might get stuck in the outer layers of the aura or chakras and appear as a large blob of dark energy, disrupting the symmetry and normal patterns of the aura. This blob might be shaped like a person or animal, or it might not be easily defined.

Where an entity attaches itself to a human being, there is often a disturbance in the health of that particular part of the body. About ten percent of all health problems that do not have an obvious cause are the result of invasion of negative entities. The vast majority of health problems involve unresolved issues in the Earth-bound soul's own emotional, mental, astral, etheric or causal bodies. (The root cause of the illness usually goes back to unresolved negative emotions and core negative beliefs within the human soul, and the entity attachment is a secondary cause, so illness involving entity attachment is frequently put into the category of problems caused by negative emotions.)

It is relatively easy to remove an entity that has attached itself to a human being, as long as there are no karmic issues between the entity and the human. The first step is to recognize the

problem. If you do not have a clairvoyant person available that is able to see the entity, then pay attention to the energy in and around the afflicted area.

Let's say you are a healer or therapist and a woman comes into your office, complaining of entity possession. Ask your client the following questions: "Is one side of your body colder than the other? Is there frequent numbness that cannot be explained by doctors? Are you having recurring nightmares or suicidal thoughts, for no apparent reason? Does your body's energy feel drained most of the time, especially on one side? Is there always something pulling at the body or causing a sinking feeling in the stomach, no matter what thoughts are in your mind? Do others avoid you or start getting angry for no reason when they are around you?"

If so, you might be dealing with an entity attachment. Have the person think back throughout this lifetime and review the unresolved issues around her present and past relationships. The entity might be a deceased loved one with unresolved emotions involving the client. Find out if she went through a period of alcoholism or excessive drug use. Did she go to a lot of parties in past years? Have there been guests in her home with a lot of emotional problems? Has she spent a lot of time in crowded places, such as bars, sporting stadiums or auditoriums? What about crowded streets in major cities?

Does the client live in a city with apartments closely packed together? Does she feel uneasy, especially at night, even if she is safely in her house or apartment? Do appliances frequently malfunction when she is around? Does she hear unexplained noises at night? Does she hear voices or feel someone is watching her when there are no physical souls around?

Even if she answers "yes" to all these questions, it does not automatically mean she has an entity attachment, but it is a good indication that it is time for her to go to a respected psychic or healer and get a check-up. Of course, we also advise you to recommend that she seek the advice of a health care professional as well. It is not advisable to avoid getting medical attention. Use all tools available to you, including allopathic care, since there are some illnesses caused by viruses, bacteria and brain chemical imbalance that mimic the conditions prevalent during entity attachment.

What can you do to ensure that negative entities do not attach themselves to you?

As you heal and resolve things from the past, entities will have a harder time attaching to your aura. In addition to healing emotions and core negative beliefs, we recommend the following:

- Do the healing techniques given in the next chapter.
- Meditate daily.
- Send love and compassion to everyone you know.
- Play beautiful uplifting music.
- Be around positive people as much as possible.
- Get out of the city frequently.
- Read inspiring books and watch feel-good movies.
- Erect an altar in your home, with pictures or statues of angels.
- Go for walks in nature if the weather permits.
- Tune into the plants, animals and sky.
- Get regular exercise.

- Eat healthy food.
- Do not eat within two hours of bedtime.
- Do psychic protection before going to bed.

Partial Possession

If a negative entity gets sufficiently attached to a human being and starts to invade the consciousness of that soul, this is known as a partial possession. It is roughly equivalent to conscious channeling, except that this is an unwelcome spirit guide that is probably not giving good advice. Again, it is important to be able to distinguish partial possession from severe psychological disorders. The subconscious mind is very powerful and can deceive even many good clairvoyants into thinking there is an entity attachment when none is present.

This channel's observation is that about 90% of those souls who come to him for healing, complaining of entity attachment, partial or full entity possession, or being pursued by humans or entities, do not have these conditions, but are instead experiencing extreme emotional imbalances, paranoia and negative belief systems. That said, souls with these disorders stand a greater chance of becoming possessed by negative entities due to the Law of Attraction.

If you have been repeatedly traumatized at some point in your life, or have post-traumatic stress disorder, it is best to seek the advice of a mental health professional before concluding that you have an entity attachment, or partial/total entity possession. If you believe you are being pursued by negative entities, or human beings from your past, stop and make some common sense observations. Is there anyone in your life that feels threatened by you or your beliefs and lifestyle? Are you a serious threat to the government or some agency thereof? Unless you are stockpiling weapons and publishing websites advocating the violent overthrow of the system, you are probably not being pursued by any secret organizations, military or otherwise.

This channel has had numerous clients who believe they are being targeted by the dark Illuminati, negative ETs, the secret government, or some other outside agency. When looking into the Akashic records regarding these cases, about 80% are imagining this, due to their psychological disorders, meaning there are no human or discarnate entities pursuing the client, about 10% are due to other factors, such as side effects of medication, and about 10% are from partial possession by a negative astral entity or entities.

Even in the rare case when someone is actually pursuing a paranoid client, it is usually a jilted past lover or jealous family member that has decided to make the client miserable because of that jealousy or hatred.

Always get multiple opinions before concluding that you have a partial possession. Go to more than one psychic, and ask your own Higher Self not only to reveal to you what is going on, but to dispel any and all negative energies, thought forms and entities that are not 100% of God's Loving Light.

In a partial entity possession, the ego/personality of the human soul will become unstable and inconsistent, depending on how present the entity is within the consciousness of the person who is possessed. At some times, it will be the entity speaking, while at other times it is the old familiar self. There will be differing degrees of erratic behavior at various times of the day.

The entity feeds off negative emotions. For example, if the human soul is at a high-stress workplace that has a lot of negatively-oriented people, the entity's consciousness might increase its grip and cause unexpected eruptions of anger and hostility.

In some cases, the possessed soul will hear voices, especially ones that give advice. "Why

don't you do this, why don't you do that, etc." If the discarnate entity has a lot of passion for certain Earthly experiences, it might coerce the human being into engaging in those activities that feed its desire. Addictive compulsive behavior is often "fed" by negative entities that crave the experiences derived therefrom.

It is said by some psychics that substance abuse triggers partial or full possession. A few even believe that the substances themselves come with a cadre of entities. While this is generally not true, the patterns of energy associated with substance abuse are often favorable to invasion by negative entities, for the reasons previously discussed.

How do you treat someone who is partially possessed?

The first step is to attempt to dispel the entity or entities. If you are clairvoyant and can "see" the attackers, use brilliant white light and attempt to push them out of the client's aura. Use the advanced psychic and spiritual protection technique included in the next chapter.

Since the possession is partial, there will be moments when the client is lucid, calm and clear. During these times, give the client tools and processes to clear negative emotions and beliefs. Do your best to explain what is happening, without increasing the fear. Let the client know that he or she has the power to dispel the entities. Have the client send love and compassion to the entities, continuously, while breathing deeply and fully.

Invoke your spirit guides, angels, archangels, and ascended masters to assist you in clearing the aura and chakras of the client.

Have your client forgive all people from this and former lifetimes, using the techniques given in the next chapter.

Use aura clearing and chakra balancing techniques, along with invocations and mantras, as appropriate. Remember to protect yourself before, during and after the clearing session.

Full Possession

A full entity possession can be likened to a trance channeling session that never ends, whereby the channel has not given permission to the entity that has entered the body, or is not aware that an entity has entered. In the famous case of Dr. Jekyll and Mr. Hyde, you have a well-adjusted person with a mischievous alter ego that sabotages the life of the character.

In psychology, you have split personality disorder and schizophrenia, two conditions usually brought on by the soul's inability to cope with trauma and stress from the past. Although there may be medical aspects to these illnesses, including erratic production of certain brain chemicals, usually the root causes are in the emotional and mental bodies. To make matters more difficult, human beings with personality disorders and schizophrenia may attract negative entities. So it is important, once again, to explore all your options if you suspect you are dealing with someone who has a full entity possession.

Unlike partial entity possession (where you might frequently be able to communicate with the "normal" human being), you do not have the opportunity to engage the usual ego/personality of the possessed person. You are dealing almost exclusively with the discarnate entity.

The classic symptoms of full entity possession include the client's failure to remember where he is and what he is doing, gaps in his consciousness, and a feeling of being out of control and not able to consciously direct his actions. In other words, his behavior is pathological and often appears psychotic.

Before concluding that your client has a full entity possession, it is important to take a look at some behaviors that can mimic full possession.

There is a type of psychosis that this channel calls, "falling into the gap," whereby negative

emotions (specifically, repressed rage) take over and cause violent or embarrassing behavior. This often comes in the form of a violent emotional eruption in a person that has had the outer appearance of being cool, calm and collected prior to the outburst. Psychologists call this the “pressure-cooker” of emotions constantly bubbling below the surface until they can become contained no longer, resulting in an explosion.

Another condition, relatively uncommon, is that of mind control by a third party. Yes, this does occur, often in certain governmental organizations, such as secret military branches, covert operations (“black-ops”), and such. Secret government mind control programs get a lot of sensational press. While we are in no way stating that these things do not exist, they are, however, mostly confined to isolated incidents of research that has gotten out of hand, or psychopathic military commanders who are looking for new weapons of war. Those who are dedicated to producing ever more monstrous weapons have explored various ways to create super soldiers capable of mass killing with no emotions. They might lure people into their projects with the promise of money, power, or specialness, while rendering them guinea pigs in a laboratory of mental research.

Still another condition that can mimic possession involves the side effects of medications, including antidepressants. These have been implicated in a number of mass killings and suicides. Such drugs change the brain chemistry of human souls, often in unpredictable ways. Sudden increases or decreases in serotonin, melatonin, endorphins, etc., can cause surges of energy in the body (or extreme depletion of energy, as the case may be), resulting in manic-depressive behavior.

Most mind-altering substances simply magnify what is already in consciousness, when it comes to violent behavior. In addition to antidepressants and other legally prescribed medications, there are chemicals in food that can contribute to the problem, such as artificial dyes and colors, monosodium glutamate (MSG), nitrates and nitrites, and others. Most violent behavior in school children occurs within two hours following lunchtime, especially if these substances are present in the meal.

When examining psychopathic behavior, such as in serial killers and those who open fire on innocent people in public places, it appears that the causes of this behavior fall into the following approximate percentages:

About 60% suffer from psychosis and fall into the “gap,” succumbing to repressed rage. They might later have little or no recall of what they did when they were in the period of active rage.

About 20% have either been experiments of mind control, including unwilling participants in someone’s scheme to perpetrate violence, or have had adverse reactions from psychoactive drugs and/or antidepressants.

About half of all violent offenders in this 20% group have had their behavior linked to antidepressants. It is the opinion of our group and this channel that these substances are not solely responsible for such behavior, but are merely catalysts, exaggerating the emotional imbalances to the point where the offender falls into the gap. Nevertheless, abuse of antidepressants is a serious problem in many countries and needs to be investigated and corrected as soon as possible. A significant number of suicides have been linked to their use.

Also included in this 20% are those individuals who have taken mind-altering drugs that have skewed their perception of right and wrong. However, we reiterate that even those on hard drugs usually already have severe mental imbalances that are simply catalyzed by the use of such drugs.

And finally, about 20% of violent offenders are suffering from full entity possession, where

the entity is primarily responsible for the violent behavior. In some cases, these 20% also have various psychoses, which may have attracted the entities in the first place.

To break the grip of entity possession, it is usually necessary for some form of exorcism or intervention by highly skilled psychics and clairvoyants in order to get rid of the entity or entities that have fully walked in to a human being's body. There are techniques for dispelling entities, but they are harder to apply once the entity has gotten all the way in. Ideally, the psychic or exorcist will "talk" to the entity and convince it to release the human soul. If this fails, other more advanced techniques can be employed.

This channel does some work with entity possession, but does not consider himself an expert in this field. He observes that in the majority of cases where he is unsuccessful in removing entities, there are karmic ties between the entity and the human.

Let us now take a look at the form of entity possession that is the most difficult to resolve.

Karmic Possession

The most difficult form of entity possession occurs when there are karmic ties between the entity and the human being. The majority of cases where this channel has been unsuccessful in removing an entity are due to karmic relationships between the entity and the client. It is often necessary to resolve the karma before the entity can be removed. There are various techniques for doing this, as outlined in the next chapter.

The most classic form of karmic possession involves an entity that believes it has a score to settle with the human being. This need for revenge usually begins in a past lifetime where the two souls had an agreement or contract; the human being broke the contract, either consciously or unconsciously, and now the entity is furious.

For example, two people meet in a past lifetime and have a torrid love affair, complete with possessiveness, jealousy and codependence. They make a pact to never leave each other's side and to come back together in their next lifetime. Then one of them reincarnates and moves forward on the spiritual path to the point where he or she no longer has any desire to re-enter that type of relationship and, therefore, consciously or unconsciously decides to cancel the agreement or contract. The other soul feels betrayed or abandoned and seeks revenge.

If the other soul has not come back into embodiment, he or she may seek out the human being from the astral realms, in the hopes of rekindling the relationship. This may occur through entity attachment or partial possession, but if conditions are right, it could manifest as full possession. If the other soul comes back into embodiment, it is less likely that a karmic possession will occur, since the other soul will probably be distracted sufficiently by the demands of Earthly life that he or she will not have the necessary energy and focus to latch onto the first soul. Nevertheless, possession is possible between souls that are both in embodiment.

Another possibility in the above example is that the other soul will come into embodiment and manage to meet up with the first soul. If the first soul is aware enough of the old pattern and refuses to buy back into it, an Earthly resumption of the original relationship is unlikely. However, a strong attraction can sometimes rekindle the old love affair and cause the more advanced soul to fall off the path and once again get ensnared in an unhealthy relationship.

The jilted lover may reincarnate into a different role in the future lifetime, causing the two souls to meet up under a different arrangement. If the first soul has any unresolved karma, the other soul might end up being a "thorn in the side" of the first soul, playing the role of nemesis or "petty tyrant," to quote one of your teachers.

Returning to the subject of karmic possession, sometimes such unresolved karma happens

between groups, or teachers and students. Something akin to karmic possession has been known to happen with gurus and disciples, although this more often falls into the category of mind control. The Jim Jones saga is an example. There was some degree of karmic possession involved there, but it was primarily a case where the group of souls who followed the guru needed to learn a painful lesson about trusting outer authorities instead of the Higher Self.

How do you determine if you have unresolved karmic contracts with other souls? We suggest you start with your present lifetime. Are there any family members, past lovers, etc., to whom you still feel obligated, even though there may be nothing legally binding and no threatening phone calls in the middle of the night? Do you find yourself obsessing about someone who is no longer in your life? Do you feel guilty when you take care of yourself instead of giving constantly to others? Are you afraid to become too strong or powerful because you feel you will lose the love of family or friends?

This does not mean you have an unresolved karmic contract, but these feelings usually do accompany such conditions.

If you sense there is someone from a past lifetime that is demanding retribution or payment for something you did (or did not do), go into meditation and ask that all beings from past lifetimes be released into the Light. Ask your Higher Self to break all karmic contracts that are in any way holding you back from moving forward on your path. Forgive and release all entities involved, using the techniques in the following chapter.

We encourage you to spend a lot of time on the next chapter, where we will take a look at remedies and healing techniques for correcting soul imbalances and restoring your being to a condition of wholeness. Before we go there, let's round out our discussion of soul fragmentation with a look at the Akashic records.

Learning to access this storehouse of knowledge will give you the opportunity to assess how much unresolved karma is remaining on your soul path. Once you clear all karmic contracts, soul integration becomes much easier.

Accessing the Akashic Records

As we continue our investigation into the nature of the fragmented soul, let us take a brief look at the Akashic records — what they are and how they are useful in understanding soul evolution.

The Akashic records are a set of energetic imprints in the causal field of the universe that essentially serve as a record of everything souls have experienced, both on Earth and in other worlds. These records are a subset of the Universal Mind, which contains all knowledge and experience.

Contrary to the teachings of some, the Akashic records can be accessed by any soul who sincerely wants the knowledge contained therein. That does not mean every bit of information is available at any given time. Your Higher Self may intervene if there is something that is not appropriate to be revealed, or that violates the free will of other souls.

Free will has its limits. If you seek to do something that is fundamentally out of alignment with your soul purpose, intervention may be called for on the part of your Higher Self and soul family. This also depends on how far along you are in your evolutionary process. You may have made an agreement with your aspects in the higher realms (as well as your soul family and spirit guides) to intervene if you try to do something that is destructive or counterproductive to your soul growth.

Because you have made a free will decision to ask for intervention, it will be granted. This does not mean your friends in the higher realms will save you from yourself, it just means that they will take a more active role to help prevent you from injuring yourself or others.

Getting back to the Akashic records, you might visualize them as a series of glowing colored disks in a large library on a distant planet, or as a repository of light in a large temple in the higher planes. These records are stored as energy packets, or little filaments of light that form a crystalline grid system or geometric pattern in the causal planes.

On Earth, there is a localized version of the Akashic records underneath the Great Pyramid at Giza, Egypt, in the etheric realms. Physically, this place just looks like an empty passageway, located quite a bit below the ground level of the pyramid. In the etheric planes, it is a beautiful cathedral with row and rows of energetic disks where the records of each soul's incarnations on Earth are kept.

This channel has a meditation where he takes souls there, not just to visit the records and gain information about their incarnations or the incarnations of others, but also to the ascension chamber located in the same cathedral. Many spirit guides who have worked with the Earth for thousands of years take souls into the Halls of Amenti, as it is called, for initiations and mystery school teachings.

There is a similar hall of records in the etheric realms of Venus, where the accounts of other-worldly lifetimes are kept. The Akashic records provide an easy way for souls in the higher realms to gain information instantly without needing to telepath or clairvoyantly view the lives of individual souls.

Of course, all information is obtained with the permission of the souls involved and no free will is violated when accessing the records. You will find that privacy issues are confined to the lower four density levels because higher dimensional beings do not have anything to hide and do not care who is aware of their lifetimes and experience. If something is not appropriate for viewing by lesser-evolved souls, they will simply be unable to access that information. Such restrictions are placed on the lesser-evolved souls by their own Higher Selves for their protection, not by any cosmic police or authorities.

An example of something that might be withheld from an evolving soul would be the projected outcome of a relationship. For example, suppose an Earth-bound soul meets a potential partner. In the Akashic records it is obvious that these two souls are not good long-term partners, but in fact, have a very specific lesson to learn together before moving on into other relationships that are more appropriate for subsequent soul lessons. If the souls knew this ahead of time, they would likely choose not to become involved in a relationship, knowing it would not last. They might be thinking, "Why invest my time and energy in this person if it is not going to work out in the long run?"

Yet it might be important for those souls to come together briefly to learn a quick soul lesson that will assist them in their future endeavors. If the souls believe there is the potential for a long-term relationship, they are likely to put more time and energy into each other and therefore learn the lesson more completely. In hindsight, they will hopefully realize why they met and had an intense, but brief, interaction.

This is good news for those souls who have been through a lot of different human relationships. Perhaps they have worked on themselves a lot and really don't have that many unresolved issues, yet they wonder why they do not seem to be able to stay in a long-term, committed relationship. Maybe they have a lot of very quick lessons to learn with various partners as a necessary part of their optimum soul path and this is preparing them for the

experience they will need when they do enter into a fulfilling, co-creative partnership.

Here's another popular subject: Souls often want to know how and when they will leave their physical bodies, if they are not on the path of physical ascension. While this can be predicted with some degree of accuracy, most of the decision is in the realm of free will. The soul may urge the ego/personality to abandon a lifetime if it has been determined that it is in the soul's best interests to leave the Earth, but the ego/personality can, and usually does, resist. Also, the soul cannot possibly know every turn and twist in life that will affect the evolving human being. Sometimes, just when the soul wants to give up, the ego/personality starts aligning itself with higher consciousness.

The solution to this conflict between the soul and ego/personality is to make a commitment to healing all of the lower bodies and to seek out the core negative beliefs and emotional issues present behind most of the problems. You can ask that your ego/personality and soul be aligned on important decisions in your life. As you clear your ego issues and listen more and more deeply to your inner self, you will know what your highest options are in life, at least most of the time.

Usually, it is to the soul's advantage to stay on the Earth and continue learning lessons, unless the pain of being here is so great that it detracts from those soul lessons. If the soul and ego/personality determine that it is just too difficult to continue embodiment on Earth, then they will create a convenient way to exit the body.

The Akashic records can help the soul make this decision. He or she can study the events of past lifetimes and determine the patterns that keep repeating lifetime after lifetime. It then becomes obvious what the lessons are that need to be healed, and an intensity of focus can be directed accordingly.

Ultimately, there are no actual deadlines for getting with your soul's program. However, some souls might go millions of years without making much progress. If that happens, the Higher Self and soul family members usually call for an evaluation of such a soul, to determine if an intervention is necessary. Only in rare cases does intervention prove to be fruitless, and then it is possible for the Godhead to make the decision to return the soul to the pre-emergence state, a process often called the "second death." Very few souls actually go through this process because, in essence, it means starting soul evolution all over again from the beginning. For this to happen, almost all the levels of the self must be in agreement that this is the best option.

Of course, the ego/personality of the soul who is not evolving will likely be unconscious of this decision made by all the other aspects. We anticipate none of the souls reading this book will go through the second death, nor any of the souls they know in their lives, so we do not need to go any further into this topic.

How do you access the Akashic records? Like most techniques for acquiring knowledge, you ask. You might use the following (while deep in meditation):

"I NOW INVOKE THE KNOWLEDGE AND WISDOM OF THE AKASHIC RECORDS. I NOW ATTUNE MYSELF TO THE FREQUENCY OF THE AKASHIC."

Then ask your Higher Self to reveal exactly what you need to know from the universal storehouse of wisdom. Continue to go deep into meditation and repeatedly ask for the answers to any problems that seem to persist in your life. Do not ask for convenient, pat answers. Even if you receive them, it will not help much in your healing process. Seek to "know thyself." The Akashic records will only reveal what you need to know in order to better understand yourself and others. Learning about the lifetimes of other souls has limited value unless you apply that

knowledge to their healing or yours.

It is now time to turn our attention to ways of healing soul fragmentation and promoting soul integration.

We, the Founders, and the Higher Self of this channel, are dedicated to assisting you in your quest for inner and outer freedom.

Chapter 4

Healing and Restoring the Soul to Wholeness

Soul Healing Techniques and Processes

Greetings once again. We are the Founders, along with Sal's various spirit guides, in concert with his Higher Self.

Our study of soul integration has so far examined many of the different permutations and configurations possible within a single soul, group soul complex, or community of individual souls. We have explored soul division, fragmentation, entity possession and a host of other conditions souls experience on their long journey through the lower worlds. None of this study would be worth very much if there were not several ways of helping integrate the soul. This section goes into detail on the methods and processes that we feel are most beneficial to the reader.

Not every technique will speak to you. Because a significant part of your soul is embedded within the physical body, the soul speaks to you through the body's feelings and energy patterns. Intuition is nothing more than the ability to listen to what the soul is saying through your physical body. You can then translate the energy into emotions and thoughts, so that your emotional and mental bodies can understand what is taking place at the soul level.

As you practice the techniques and processes given within, listen to your body. Notice how the energy is moving. If you feel light, clear, expanded, happy, peaceful and calm, all at the same time, it means the tool or technique is right for you. If you feel cloudy, confused, low energy, drained, tired, or anxious, it is probably not right for you, or you have a lot of resistance to using it. Although it is helpful to overcome resistance to things in life, this does not mean that the thing you have resistance to is right for you.

If you do have resistance, just notice it. Watch the energy of resistance, how it moves (or doesn't move), and the feelings and thoughts it triggers. There may be a core negative belief embedded in the resistance, such as "Life is a struggle," and its corollary, "Seeking enlightenment is a struggle."

Is God the only healer? Yes and no. Since everything is God, then all healing is of God. Yet we are the hands and feet of God. We are expressions of God. God experiences itself through our human self on Earth. Therefore, we are healers, to the extent that we allow our Higher Self and the Godhead to come through us when performing the tools and techniques of healing.

Some of the processes given herein belong to the realm of psychotherapy. You do not need to be a licensed therapist to practice them, but you may need to become credentialed, depending on where you intend to practice. This channel does not have a degree in psychology, but has learned a great deal about the emotional and mental bodies, probably as much as some licensed therapists.

What do therapists really do? First of all, they do not heal people (or at least the psychological self does not do the healing). They simply provide a space where healing can occur. The most important part of therapy is listening, with your whole being, to the client and being present for the client. Showing up. Being grounded. Tuning in. Listening deeply to the levels of self of the person in front of you, or on the table or couch. You have one purpose as a therapist — to assist

your client in accessing his or her Higher Self. This may take many forms, such as leading the client through emotional clearing techniques, past life regression, timeline healing, meditation, and such.

You are there to empower your client. While this might take numerous sessions, your job is to eventually make yourself unnecessary. That means making sure your client does not become dependent on you. Remember, you are not there to fix anyone. Your client is not broken, no matter how much drama and trauma accompanies him or her. You are a guide, showing your client how to access his or her own inner guru/wise inner self.

Sometimes the most powerful healing or therapy sessions happen when the healer or therapist appears to do nothing except be present. Tools and techniques are only about ten percent of the equation. Being present is ninety percent. When you are fully engaged with another human soul, communication happens between you in telepathic and synergistic ways that are not possible when you are both stuck in your intellect. This is what is meant by the expression in scriptures, “Whenever two or more are gathered, there I am.” The “I am” is your Christ Self, or rather, the higher levels of your being. They are able to be acknowledged and received because you are present in the eternal NOW moment with another soul.

Reclaiming Lost Soul Fragments

The key to soul integration is to reclaim your lost soul fragments. That means becoming aware of all the traumatic experiences you have ever had in this lifetime or in past lifetimes. Before you throw up your hands in despair over what seems like an impossible task, let us assure you that the vast majority of experiences you have had will have worked themselves out by the time you read this. You would not have gotten this far along your soul path if you were hopelessly stuck in negativity. Nevertheless, we began this book with a look at Original Cause, because that is where a good majority of the negative patterns began.

The best techniques for reclaiming your soul fragments do not require years of psychoanalysis or constant rehashing of old experiences. Some therapists maintain you do not need to go back into the past at all. We disagree. However, in keeping with the formula for emotional healing, there is a need for detachment at the same time that you are re-experiencing past traumas. Most of the techniques given herein are designed to keep you in your Higher Self while making changes to your lower bodies. This will help ensure that you do not get tangled in the web of drama associated with many of your past experiences. Your God Presence is with you at all times, and will assist you in effective healing, without the need to relive traumas in the way they were first experienced. We will begin with one of the simplest and fastest ways to reclaim your lost fragments. This technique can be practiced anytime and anywhere, for a few minutes, to a half hour.

Forgiveness and Release

The best way we have found to reclaim lost soul fragments is through forgiveness and release work. It is important to understand what forgiveness actually is. First of all, it is not the same thing as pardon. It is also not about pretending something is okay when it is not. Nor is it about putting on a happy face and convincing yourself that you have transcended negative feelings when they are still lurking beneath the surface.

Before you can truly forgive, you must acknowledge your thoughts and feelings, and in some

cases go deeply into an energy pattern that needs healing. With emotional clearing you need to fully feel, experience and express your feelings, while at the same time becoming detached from them. You must view them from a higher perspective. Forgiveness is similar in that you must be present to all the feelings within before you can truly forgive. Forgiveness happens when you recognize that in the larger scheme of things, whatever grievances or resentments you have are essentially meaningless. Fifty years from now will you remember the loan that did not get paid back, or the spouse that went off with another partner, or the teacher that let you down?

In Lord Sananda's teachings (specifically, *A Course In Miracles*), he states that forgiveness is the key to happiness. He also advises you to only remember the loving things you and others have done. This is excellent advice, but in order to reach this state of consciousness, you must remain aware of your Higher Self and true nature. You cannot suffer attack or assault if you are coming from the perspective of your Higher Self. Of course, it is possible to damage the body, or prevent it from being independent, but other than that, there is nothing that can actually harm you unless you believe there is. You choose, moment by moment, what is of value to you and what is not. If you are attached to your self-image and it matters greatly what other people think of you, then you will have a hard time forgiving when someone slanders you, or speaks unkindly of something you did.

Forgiveness involves an energetic release. To help you forgive, we recommend beginning with the following process involving other souls. Keep in mind that this is for you. We are not trying to make anyone else change: Nevertheless, by sending them love and compassion, instead of anger and resentment, you open the space for them to change.

Standard Forgiveness Process — Others

Take several deep breaths and close your eyes, sinking gently into meditation. First, think of all the people in your life that you might still need to forgive. Visualize each person you have known, or know now, or that is in your life in some way. Pay attention to the feelings and energy patterns in your body as you imagine each one standing in front of you. If you feel nothing but unconditional love as you connect with each specific person in this way, then you do not need to forgive that person. But if you feel uncomfortable, sad, regretful, irritated, or even just relieved that the person is no longer in your life, then you still need to forgive.

Assemble the people that bring up feelings other than unconditional love. Imagine they are standing or sitting in a semi-circle in front of you. One at a time, imagine saying all the things you have held back saying to these people. Use a form such as, "Something I have been withholding from you is..." or "Something I have always wanted to say to you is...."

The persons in front of you cannot talk back and cannot turn away. They can only give you their full, undivided attention. They are totally and completely receiving you as you express your withholds.

We realize that in real life, most of these souls would not behave in this manner, but for the sake of this process, they are being quiet and respectful, not rolling their eyes, or squirming to get away, or preparing and rehearsing their side of the story. This process is for you, not them, although it might benefit some of them, whether or not they are aware that you are forgiving them.

Take a few minutes with each person until you feel you have expressed everything that you have held back saying to them in the past. It matters not whether these souls are still in your life, have moved on, or have left the Earth plane.

An example of this process might look like the following. Here, a son is speaking to his

father:

“I forgive you, Dad, for the way you treated me when I was growing up. I forgive you for getting angry with me when I did not get perfect grades in school. I forgive you for divorcing my Mom and taking up with another woman,” etc.

Once you have emptied out all of the things that you feel need to be said, imagine a golden, radiant, Loving Light coming down from the heavens and filling the people in front of you from head to toe. See each one radiant with this golden Light. See them encased in an envelope of this Light.

Now say to each one, slowly and carefully, “I forgive and release you completely now. You are free to go to the Light.” Say this several times.

Next, imagine reaching down underneath them, one at a time, and lifting them up into this column of golden, radiant, Loving Light, and then releasing them like a hot air balloon. Watch them floating up into this column of Light until they disappear into the Heart of God.

If it is your intention that they are no longer a part of your physical life, then you may choose to wave goodbye to them as they ascend into the Light. If you are forgiving someone who is in your life daily, doing this process will not kick this person out of your life, but it will remove emotional attachments, negative karma, and psychic “cords” or “hooks.”

In a moment, we will do an even deeper process that will involve soul fragments you might have taken on from others, or that others may have taken on from you.

Standard Forgiveness Process — Self, with Soul Retrieval

Take several deep breaths and feel yourself gently entering meditation. Close your eyes. Imagine yourself standing on a stage in a theatre. There are hundreds, maybe thousands, of souls in the audience. There is a soft, golden spotlight shining on you. You are in the center of the stage. This place is constructed in an amphitheater style, with the seats rising up in all directions from the stage. The stage is slowly rotating like a “theatre in the round.”

The people in the audience consist of everyone you have ever known in this lifetime, or in any of your past lifetimes. In essence, everyone who has ever affected you energetically is in the audience. Some of them you will recognize immediately. Others you will not remember since it was too long ago when you knew each other. They are all clapping and cheering for you as you stand in the center of the stage.

A column of golden Light is descending from the heavens and coming down into the theatre and into your body. As you stand there in front of everyone, slowly begin saying the following:

“I forgive and release myself completely now. I am free to go to the Light.” As you continue to say this over and over, feel the column of golden Light entering and filling your body from head to toe. Feel it healing, cleansing and purifying every cell in your body, returning you to the perfect, radiant Self that you have always been and always are. As the Light moves down through your body, healing organs and systems as it goes, notice if there are some spots that feel blocked, or feel like perhaps they are not your own energy. These are the fragments of other souls that you have taken on.

These soul fragments look like shards of crystal, shiny and radiant, but irregular and broken, like pieces of a crystal chandelier that has fallen and shattered. Imagine a ribbon of golden light extending out from your body and reaching into the audience. This ribbon stops when it reaches the audience member to whom the first fragment belongs. Now imagine several ribbons going in different directions to various audience members.

One by one, see the fragments leaving your body, attaching themselves to the ribbons of

Light, and floating up from your body into the audience. See the fragments returning to their rightful owners and filling their bodies.

As the fragments return to their owners, you start to feel an emptiness inside, as though your body is like Swiss cheese — full of holes.

Now it is time to reclaim *your* fragments. Imagine another set of golden ribbons extending from members of the audience to you. Coming toward you now are pieces of crystal that represent your soul fragments coming back to you. As each one reaches you, it embeds itself in one of the holes and you begin feeling whole and complete once again.

As your fragments return to you from members of the audience, you start feeling stronger and lighter. Eventually, you are so light that your feet are barely touching the stage. Very soon, you begin to float up off the stage and are ascending, through a hole in the roof of the theatre, up into the heavens. As you look down, you can still see and hear everyone clapping and cheering for you.

Now you are rising up into the heavens until you find yourself in God's loving arms. You are slowly being rocked back and forth, feeling the deep peace of God descending over you. God's Love is penetrating deep into your soul. There is nothing to do, nowhere to go, but to be right here, right now, in this timeless place of peace. Remain here for several minutes before gently returning to your body on Earth and opening your eyes.

Other Soul Retrieval Techniques

Many aspects of your soul have become fragmented off from the parent part through the act of denial. This denial was either conscious or unconscious. The simplest form of denial involves making something or someone wrong through a process of judgment. Most souls on Earth turn judgment inward onto the self. Once you have judged an aspect of yourself to be bad or wrong, then you try to escape from that part by either pretending it does not exist, or trying to forcefully banish it. In some cases, you might also project it onto others, trying in vain to disown it or give the responsibility of it to someone else.

Reclaiming parts of yourself that have been in denial usually does not happen until you are forced to look at those places that have been locked away out of awareness. Often they surface in unpleasant and embarrassing ways, when you least expect it. To avoid having to go through this, you can actively and consciously seek out those parts of yourself that have become hidden from the Light.

The simplest way to bring the shadow self into the Light is to ask that all parts of the self that have not been brought to the Light reveal themselves. As they come to the surface, begin pouring God's golden, radiant, Loving Light into those places. If there are negative feelings associated with the denied fragments, loving and accepting them exactly as they are is the key. If the ego starts to judge, immediately silence it. Lovingly, but firmly, ask it to be still and quiet. You are merely observing parts of the self as they come to the surface. They are not good or bad, right or wrong, they just are. You are pouring God's Love into those places as they come to the surface of consciousness.

You can also do this process with the planet. Visualize God's golden, radiant Loving Light rushing across the face of the Earth and pouring itself into the cracks and crevices where the Light has been hidden. The world is a mirror of the self. Where you have hidden parts of yourself from the Light, so too, you will see places in the world that seem to be shrouded in darkness.

Refrain from taking sides in any of the world's many conflicts. It really doesn't matter who is to blame. You are here in this world to bring conflict to an end and in order to do that, you must

love and accept all facets of the conflict. This doesn't mean action cannot be taken, or that you condone violence. Sometimes it is appropriate to intervene in the affairs of the world. But if you do, make sure it is a clear and calm decision made by your Higher Self.

When negative feelings surface, a helpful technique from psychotherapy is to objectify the feelings. What color are they? What geometric pattern? What flavor or texture? How do they move in the body? If they could speak, what would they say? What thoughts are triggered by the feelings? What do you tell yourself about the feelings? Are you judging yourself because you have these feelings? If you can realize that all negative feelings are just patterns of intense energy, then it becomes easier to stop labeling them as good or bad. As soon as you stop labeling them, you can see and experience the feelings directly.

Negative emotions, when seen directly and with love and compassion, are transformed. Remember, you are not trying to get rid of them. That is a form of making them wrong. Instead, you are merely observing and sending them love. The more you love all aspects of yourself, the faster your lost fragments will reveal themselves and come back into the parent part of your soul.

Healing of Negative Entities

Essentially, negative entities should be treated the same way you would treat unhealed human beings. Start with protecting yourself, then immediately begin sending love and compassion. Be as present as possible with the entity or entities. If you are unaware of the actual beings (sovereign or otherwise), but you can see the effects of their actions, ask that the beings be safely revealed to you. If you are still unable to perceive them, then use a standard prayer to send them to the Light. An example is as follows:

"IN THE NAME OF THE MIGHTY I AM PRESENCE OF GOD, I COMMAND ALL NEGATIVE ENERGIES, THOUGHT FORMS AND ENTITIES ASSOCIATED WITH THIS PERSON TO GO TO THE LIGHT AT THIS TIME. I FORGIVE, BLESS AND RELEASE YOU INTO THE LIGHT. GO IN PEACE. KADOISH, KADOISH, KADOISH, ADONAI, TSEBAYOTH. IT IS DONE, IT IS DONE, IT IS DONE."

Then reach down underneath the person who is experiencing negative energies, thought forms or entities, and move your hands up in a sweeping gesture, while repeating the above prayer. Imagine all the negativity being released like a hot air balloon and floating up from the person and into the heavens.

If you are an experienced exorcist or entity removal specialist (ghostbuster), you may wish to engage the entities in conversation. Ask them why they are here and what their purpose is. Inform them that they are no longer needed to help the person they have been with and that they need to go to the Light now. Let them know that their missing parts are waiting for them in the Light. Their loved ones are there. Their soul family wants to reunite with them. Show them the Light. Let them see how beautiful it is.

If they refuse to go to the Light, then command them to leave the area immediately. If they still refuse, ask if they have any karmic business with the soul they have been possessing. If they do, you might need to use some other techniques before you can fully release the entities. Such methods might include past life regression, timeline healing, or forgiveness.

If there is no karmic business remaining and the beings are refusing to leave, then with the client's permission, use one of the forceful removal techniques described below.

Psychic and Spiritual Protection

We know some of you are tempted to skip this section of the book, particularly if you have already read this channel's previous books, or feel you already know everything there is about protection. However, we urge you to read the following section. Even if it is review and you think you know all of it, it does not hurt to go over it one more time.

The world is filled with negativity. The Godhead has promised that the new Golden Age will come, but it is not here yet, even though you have been through the shift of December 21, 2012. There is still a tremendous amount of negativity to be released. It is not easy to keep yourself clean at all times, so we recommend daily protection techniques. The first processes detailed below are for general maintenance. The second ones are for when you are under attack or are forcefully removing entities.

The simplest approach is to visualize God's golden, radiant, Loving Light filling your entire being from head to toe. Any time you feel the need to reinforce your protection, call forth this Loving Light with an invocation:

"I NOW CALL FORTH GOD'S GOLDEN, RADIANT, LOVING LIGHT TO HEAL, CLEANSE AND PURIFY EVERY CELL IN MY BODY. I ASK THAT THE POWER AND PROTECTION OF GOD'S LOVING LIGHT FILL MY AURA AND CHAKRAS. I ASK THAT ONLY THOSE ENERGIES, THOUGHT FORMS AND ENTITIES THAT ARE 100% OF GOD'S LOVING LIGHT BE ALLOWED IN MY SPACE. ANY ENERGIES, THOUGHT FORMS OR ENTITIES THAT ARE NOT 100% OF GOD'S LOVING LIGHT MUST NOW LEAVE IMMEDIATELY AND PERMANENTLY. THANK YOU, BELOVED FATHER/MOTHER GOD, FOR THIS PROTECTION."

There are many activities that can increase protection, such as making sure you are around positive people, getting out of crowded places, such as cities, taking walks in nature, being close to the Earth, doing sacred rituals, erecting an altar with photos or paintings of ascended masters, doing yoga and meditation, eating a healthy diet, waiting two or three hours after eating before going to bed, getting regular massage and bodywork, etc.

The single greatest thing you can do to protect yourself is to heal your emotions and mind as much as possible.

Advanced Protection Techniques

If an entity attack does not have karmic origins, then the following techniques should work to dispel negative beings. Keep in mind that you are the sovereign entity and that you have a right to be free of invaders, no matter how big the soul fragments may be, or how powerful the entities might try to convince you they are.

You are a powerful, creative, spiritual being. You are powerful beyond your wildest imagination. Keep this in mind the whole time you use these techniques.

First, call forth God's brilliant white light to completely penetrate and surround your being. Keep invoking white light until the entity or entities are no longer anywhere near you.

Visualize flaming white columns of light on all sides of you, above, below, left, right, front and back. As you breathe deeply, gradually push the white columns away from your body in all directions. Any entities will be pushed out from your aura. You can make swishing noises and motions with your hands as you push the entities out of your aura. Say sharply and with authority, "In the name of Almighty God, be gone now!" Then say seven times in a row,

“Kadoish, Kadoish, Kadoish, Adonai, Tsebayoth.” If you wish, you can also call in Archangel Michael and Lord Sananda, but it is best if you do this once you are finished with the white light. After a few minutes of invoking white light, return to invoking golden light and then call in the ascended masters and archangels. It is difficult for them to get through a shield of white light, as it blocks everything, while golden light only blocks negativity.

If the entities keep trying to come back, repeat the above process and include, “I AM the power and presence of God,” over and over while breathing deeply. Imagine sending love and compassion continuously out of your chakras. Continue this for as long as you possibly can. It has been said that focusing on God exclusively for 20 seconds will heal anything.

Cutting Psychic Cords and Hooks

Once you have dispelled negative entities, it is important to remove any residual energetic fields they might have left behind. Some of this residual energy is removed through forgiveness and release into the Light.

In addition, you can repeat the soul retrieval exercise that was tied in with self-forgiveness and then use the following cord cutting technique, which can be quite effective.

Imagine a pair of golden scissors. These scissors can cut through anything. Visualize starting at your crown and snipping all around your aura with the golden scissors. Ask that they completely sever anything that is not for your highest and best soul growth, happiness and well-being. See the cords and hooks falling away as you cut along your chakras.

You might want to combine this technique with forgiving anyone in your life that you suspect may have “corded” you. If you continuously think about someone and you get a sinking feeling in your stomach, you may be corded to that person.

The Law of Karma

Due to confusion surrounding the law of karma, we have decided to go into more detail regarding its true nature. Hopefully, this will clarify the bigger picture (higher dimensional view) of karma and assist you in overcoming any core negative beliefs you might be carrying within yourself around this topic.

Erasing Karma

The fastest way to erase karma is through forgiveness. We recommend revisiting the section on forgiveness every time you feel unresolved with another soul.

You can also specifically request of your Higher Self that all karmic contracts be completed, and those that you do not want completed be broken. If you have finished all your soul lessons regarding a particular relationship or experience, then there is no karmic liability for breaking an agreement or contract, and your request to break the agreement or contract will be honored by your Higher Self.

Breaking Karmic Contracts

Note: Some of this section is a review of what was covered in Chapter 2. This material is so important that we encourage you to read this section carefully, as reinforcement of the ideas

presented earlier.

There is no law against breaking karmic contracts. However, if you feel guilty about voiding an agreement, the guilt will make it more difficult to let go of your sense of obligation to another soul or souls. Forgiving all souls involved and sending them love and compassion automatically voids the contract if you have completed all necessary soul lessons. Remember that karma is simply unfinished soul business. Therefore, you need to make sure you really are complete with someone before you attempt to break the contract.

How do you know whether or not you have completely learned a given lesson? The simplest answer is provided by life itself. If you have finished a course of study, it will not keep rearing its pointy little head and saying, "Look at me. I'm still controlling your life. I just caused the breakup of yet another relationship, complete with heartbreak and sorrow."

We purposely added some color and drama to the previous paragraph because, as serious as this subject can be, we need to keep it humorous and light. To get more to the point, life will tell you if there are additional lessons to learn about a particular subject. The best way to tell that you are truly complete is that the subject at hand will no longer hold any interest for you. This does not necessarily mean you will no longer have any feelings around the subject, but they will not "hook" you back into the drama.

Let's take the subject of war, for example. Suppose you and a business associate were enemies and did battle in a past lifetime. If you still have a karmic contract with him and have not completely forgiven him for his part in the drama, you may, even when you try really hard to be peaceful, keep feeling anger toward him, with conflicts constantly arising in your business relationship. You might view him as an enemy and even fantasize ways to cause your enemy's demise. This may not be obvious, like imagining throwing him off a tall building, or cutting him up with a knife. It could be more subtle, such as planning ways of taking over his business, or exposing his improprieties.

Going back to the topic of forgiveness, practicing the energetic letting go of grievances and the need for revenge might be all it takes to complete the karma. Once you can think of your past lifetime enemy with nothing but complete unconditional love, then most likely you are complete with any karmic agreements between the two of you.

One more thing on the subject of war: You may have gone through a period in your current life when you were "up in arms" (pardon the pun) with indignation and contempt for the barbaric practice of people killing each other. Perhaps you attended peace rallies and antiwar protest marches, were constantly sending messages to your elected officials, or blogging on the Internet regarding your disdain and distaste for anything having to do with war.

While there might be nothing wrong with these actions, especially if you received inner guidance to do them, the real test of whether or not you have completed your lessons regarding war involves asking yourself the following: "What feelings come up when I see images of war, or hear stories about war?"

You might have a great awareness of the various wars taking place on Earth and be tuned in to the various methods of torture and punishment being inflicted on the souls involved. Yet, while your physical self might register a degree of disgust, and your mind a sense of weariness, there will be no emotional identification with the subject. If you are truly complete on this, you might simply shrug and say to yourself, "When will they ever learn? What will it take for them to wake up?" Then, in almost the same breath, you begin sending love and compassion to all involved, regardless of their role in the drama.

Your feelings for the head warmonger, or world leader promoting war, or soldiers doing the

killings, or banks and armament manufacturers profiting from the operation, or talk-show pundits on television and radio using rhetoric to justify the killings, or fear-based motivational speakers supposedly standing up for the victims, or grieving spouses who have lost their sons and daughters in the battle, or anyone else directly or indirectly involved, will be the same. You send love and compassion equally to all of these souls, regardless of their level of involvement or how much they are deluding themselves and others.

Once you have cleared your identification with a particular life lesson and are certain that you no longer have any part of you that wishes to continue learning about it, you are ready to break any contracts or agreements that may be lingering in your causal body.

The reason for breaking a contract is almost always because you are complete and no longer need the lesson to continue your soul growth. If other souls involved in the contract are also complete, then it is automatically broken, with no fanfare or effort necessary, but if the other souls are not complete and want to keep you locked into the drama, into what has become a stagnant energy pattern to you, then it is time to ask your Higher Self to dissolve all energy surrounding the agreement.

Perhaps others involved do not consciously want to entrap you or keep you bound to outdated energies, but they have not let go of you energetically, even though you have let go of your desire to continue the relationship. This often occurs when you are growing faster than the person(s) you feel obligated to.

This channel works frequently with clients who feel stuck in long-term relationships. “My husband loves me but he’s just not on the level spiritually.” We hear this all the time.

Maybe the two of you have come together lifetime after lifetime to heal some issues and now, finally, you have done enough spiritual work on yourself that you are willing to let go of your karmic relationship. Even if the other person is not ready to let go, it might be in your highest and best good to break the contract.

Ultimately, your only obligation to other souls is to love and accept them exactly as they are, without trying to change them. Once you have learned that lesson, all other lessons will seem to pale by comparison.

Tit for tat, or betrayal and revenge, are lessons that lesser-evolved souls struggle with for lifetimes. If you have attracted someone into your life that is still stuck in one of those patterns, it is probably because you are the teacher and your karmic relationship is really a teacher-student one. This does not mean you are obligated to sacrifice and constantly give of yourself to no avail. Eventually the teacher-student contract is completed and it is time to move on.

As long as the other soul is learning with gratitude, and you feel energized and fulfilled by being in the role of teacher, then we would suggest continuing the relationship, but if it is draining your energy and the other soul does not seem to be making progress, then perhaps it is time to break the contract. When you are in a teaching role, it is a free will decision to be there because of your love and compassion for the other soul or souls. It is not an iron-clad agreement that cannot be broken, lest you experience some sort of punishment.

One way to break the agreement is to go into meditation, call in protection, and invoke the power and presence of your Higher Self and spirit guides. Say the following:

I NOW ASK GOD, MY HIGHER SELF, AND SPIRIT GUIDES TO IMMEDIATELY AND PERMANENTLY DISSOLVE ALL AGREEMENTS AND CONTRACTS, PRESENT OR PAST, WITH THIS PERSON (HUMAN BEING, SOVEREIGN BEING, OR DISCARNATE ENTITY). I ASK THAT ALL KARMA BETWEEN US BE NOW HEALED, BLESSED AND FORGIVEN, HEALED, BLESSED AND FORGIVEN, HEALED, BLESSED AND

FORGIVEN. IN THE NAME OF ALMIGHTY GOD, I COMMAND THIS BE SO, AND SO IT IS. IT IS DONE, IT IS DONE, IT IS DONE.

Then do any cord cutting or forgiveness work that still needs to be done and repeat the above process if you still feel anything other than unconditional love for the people or entities involved.

Karma versus the Law of Attraction

We mentioned back in Chapter 1 the differences between karma and the Law of Attraction. Keep in mind that if you are continually attracting karmic relationships, it may be because you have a lot of unresolved guilt or judgment that you have not released. This is especially true if others are constantly trying to obligate you to things that you do not want, such as codependent relationships or taking care of people financially.

Giving and Receiving in Balance

Charity, selflessness and generosity are attributes that spring naturally from a soul when he or she has learned love and compassion. There should not be any feelings of coercion or pressure to prove how kind and loving you are. It is not a beneficial choice to remain in one-sided relationships because you feel obligated to give, and it is not more desirable or spiritual if you are constantly bailing out people emotionally or financially. If you find yourself frequently rescuing someone, in one form or another, you probably have guilt and self-judgment about what it means to be spiritual.

If giving does not feel good, do not do it. Love and accept yourself even if you feel burned out and resentful about someone who is constantly begging for attention. This is not just about romantic relationships. It can apply to your children, or to aging parents who need physical care, or anyone in need.

Giving more than you can energetically handle is one of the ways you fragment yourself. If you frequently feel drained and there is no physical illness, disease, or entity attachment, you are probably giving your energy away out of a sense of guilt or obligation.

The solution to ending the pattern of wearing yourself out trying to take care of people is to resolve to heal the caretaker personality within you and balance it with receiving. Learn to meditate, quiet your mind, and simply receive what the universe has to offer, whether it comes directly from God or through another person. Learn to ask for what you truly want from people, and then receive it gratefully. If someone refuses to give you what you want, bless them and send them on their way, with gratitude, knowing that there is probably someone else who would be happy to fulfill your desires if it is to your soul's advantage to have them fulfilled.

Often, those souls to whom you are constantly giving are "energy vampires." If you know someone who is continually "cording" you and filling you up with his or her soul fragments, or constantly taking pieces of your soul into his or her body, do a soul retrieval process. If necessary, schedule time with that person and share your withholds. Let the other soul know that you are taking care of yourself and that saying "No" to many of his or her requests is not a punishment or judgment on him or her. Rather, you are simply reclaiming your lost fragments and energy.

Before making any commitments to anyone, go within and see how the request really feels. Do you feel light, clear, happy, calm and peaceful when saying "Yes" to someone, or do you feel cloudy, confused, anxious, drained, tired and low energy? A lot of souls on the receiving end of

“No” will later thank you for taking care of yourself instead of making a commitment you cannot or do not want to keep.

You do not accrue karma for taking care of your own needs. There is no cosmic scorecard keeping track of how much money you give to charity, or how much time you volunteer at the local food bank. If you tune into yourself daily, you will learn to find a balance between giving and receiving. Eventually, it will become obvious that they are part and parcel of the same movement of energy.

Know that giving and receiving are more than just physical acts. When you share your ideas and visions for the new Golden Age, and allow others to share their visions with you, you are contributing directly to the betterment of humanity. Also know that your ability to receive love and compassion from others gives them the opportunity to give, which in many cases, takes them out of self-preoccupation and self-pity.

Your Karmic Balance Sheet

Even though we said there is no scorecard being kept by a judgmental God regarding how much you give and receive, there is what this channel calls a karmic index. This is a useful gauge for keeping track of how well you are balancing the energy of giving and receiving. A perfect score is 100 points. That means you have finished all your karma and are giving and receiving in perfect balance. A score above 100 means you are giving more than you are receiving. A score less than 100 means you are receiving more than you are giving. It is possible to tune into the Akashic records and ask for your karmic index (or schedule a session with this channel and have him give you a number). If your score is above 110, it means you need to reduce your commitments and start receiving more. If it is below 90, it means you need to open your heart and give more.

Scores below 90 also indicate there is unresolved karma from earlier in this lifetime or in past lifetimes. The lower the score, the more karma there is to balance. Engaging in service work, along with the forgiveness techniques described earlier, are the fastest ways of raising your karmic index. Just remember to be gentle with yourself throughout your healing process, and do not push yourself to grow faster than the optimum pace for your soul.

Additional Ways to Align the Six Lower Bodies

There are many tools and techniques for healing each of the six lower bodies. Although we have summarized many of these in our previous writings, and again in Chapter 1 of this book, there are a few techniques we wish to expand on at this time.

Healing Physical Trauma

This channel's spirit guides, the Arcturians, will often perform healings on the physical body when there has been trauma from accidents, illnesses and extremes of environment. Although physical trauma can affect the emotional and mental bodies, healing is usually straightforward when the main cause is in the environment. The body responds well to psychic and spiritual healing techniques, as well as the lifestyle changes mentioned in Chapter 1, if the primary cause of physical body trauma is due to the hazards of being in the Earth plane, such as an accident or illness originating within the physical realm. However, as most healers know, this amounts to

only about 10 percent of all illness and disease. The vast majority originates in the emotional and mental bodies, and about 10 percent in the astral, etheric and causal bodies.

As we have stated many times, the physical body does not like sudden change, and often when there is a form of distress in the body it is because of rapid change. Whether it is moving from a warm climate to a cold one, living in a high-stress city environment, being around pollution, a sudden change in diet (either voluntary or involuntary), or long periods without sun or exercise due to extreme weather, the body's natural flow gets disrupted.

Many conditions that deeply affect the emotional and mental bodies also have a direct impact on the physical body, such as post-traumatic stress disorder caused by engaging in war, experiencing violence, having a severe accident or illness, or having a loved one die unexpectedly. Since these events involve sudden change, the body will inevitably feel unsafe. Treatment must include ways of making the body feel safe again after experiencing unsafe conditions. In the case of loss of a loved one, safety might not be the biggest issue, but the shock of suddenly not having a person around that you have become accustomed to physically, will certainly add to the inner stress and emotional grief commonly experienced in cases such as this.

Creating an environment of love, safety and low stress is the best way to heal physical trauma, along with gentle physical therapy on a regular basis. A medical professional might safely prescribe medication in severe cases, but most techniques must also address the trauma created in the emotions and mind as well.

Healing Emotional Scars

The most common causes of illness and disease in the physical body reside within the emotional body. Whether this started at birth, with parents who were too stressed out to unconditionally love the baby, growing up in an environment where love was withheld or absent, or situations where the unresolved emotional issues of the family impinged upon the love and safety of the child, almost everyone on Earth has some degree of emotional trauma.

Some emotional issues are so common they are considered part of the human condition. While there is nothing wrong with seeking love if it seems to be absent from your life, developing emotional attachments to others usually stems from a deep-seated belief that there is not enough love, a perception that may have been formed at an early age. When we get to the etheric and causal bodies below, we will see that the cause of deprivation of love might have its origins in other lifetimes and dimensions. However, it is best to start with this lifetime, seeking to heal the emotional traumas that occurred from birth forward, before going into past lifetimes.

The solution to healing emotional trauma depends on the facts and circumstances that contributed to it, but loving and accepting all parts of the self is at the core of healing. Those places within the self that do not feel loved and accepted will likely act out with inappropriate behavior at some point, especially when the original feelings are triggered by similar behaviors in others.

Many inappropriate behaviors are projections of things that happened during childhood. Violence begets violence. As psychologists know, a vast majority of the violent criminals in the world today experienced some form of violence during their upbringing.

Another prevalent issue is abandonment. This often began with experiences from Original Cause, which are played out lifetime after lifetime. However, let's begin with early childhood in this life first, and give an example.

If Mommy left little Johnny alone for long periods of time when he was two years old, then Johnny may get insecure frequently when he enters into relationships with women as an adult.

He may be constantly checking up on his spouse or girlfriend and having fears that someone or something will take them away. He may become possessive, clingy and jealous whenever her attention is directed toward someone or something besides him.

If there was a lack of intimacy during childhood, meaning that your parents did not give you adequate love and affection, you might have trouble forming meaningful bonds with people as an adult.

There are many psychological patterns and syndromes that are best left to a manual on psychotherapy, which this book is not. Suffice to say that the ego/personality tries to resolve problems from early childhood in a variety of ways, such as overcompensation (trying too hard to heal or overcome something), sublimation (diverting one's attention and energy into something else), seeking approval (overachieving to get attention), seeking disapproval (acting up to get attention), suppressing emotions (pretending everything is okay when it is not), repressing emotions (convincing yourself that you do not have emotional issues when you do), pathological behavior (desperately trying to express emotions that have been repressed, combined with negative core beliefs, which we will discuss in a moment), and many others.

When the emotional aspects of the soul become fragmented, it is important to love and accept those parts that have been judged as bad or wrong. Emotional denial eventually causes some form of illness or negativity manifested outwardly. By loving and accepting those "unacceptable" parts of the self, the emotions have a chance to heal.

Many so-called "gurus" and spiritual teachers have a vested interest in always appearing cool, calm and collected. If they have unresolved emotional issues, they might suppress or repress them so as not to appear "weak" or unenlightened. Later, these unresolved issues may explode in an embarrassing sex scandal, or some other reputation-destroying manifestation.

It is important to realize that all human beings have emotions and that it is nearly impossible to go through life without some emotional trauma. It might be minor interactions with parents or family, or it could be major traumas, such as sexual abuse or physical violence while growing up.

Forgiveness, psychotherapy, rebirthing, Gestalt, and many other tools are helpful in healing emotional problems. If you have unresolved issues such as the ones described above, we highly recommend you seek the advice of a licensed therapist and use the forgiveness techniques described in this book.

Healing Core Negative Beliefs

In past writings, we have gone extensively into the subject of core negative beliefs. In Chapter 1, we displayed an expanded list of the beliefs we have identified that prevent human souls from evolving gracefully and efficiently. The purpose of this section is to explain some of the best ways of healing core negative beliefs.

In addition to affirmations designed to turn these beliefs around, it is suggested that some form of subconscious reprogramming be employed. Hypnotherapy, guided meditation, and reprogramming techniques are usually the best ways of resolving core negative beliefs.

One technique that is especially helpful involves the idea that the mind is like a computer and can be programmed like one. While obviously the mind is far greater than a screen and hard drive, it is sometimes helpful to think of the various parts of the mind as corresponding to the different parts of a computer.

The superconscious mind is like the Internet. It is connected to the Universal Mind computer, which contains all knowledge and wisdom of the universe. The conscious mind is like the

computer screen, which contains the specific useful information needed in any given moment, and the subconscious mind is like the hard drive, which stores the programs and files needed for responding to everyday tasks. Included in the subconscious are the memories of traumas and negative experiences, which formed the core negative beliefs.

Many of the core negative beliefs were first programmed into the collective unconscious of humanity, such as “Life is a struggle,” which originated during times when physical life was hard due to lack of technology, drought, flood, etc. These beliefs are “hard-wired” into the psyche of human beings for generations after the original imprint, which might have been a famine or economic depression.

In essence, all human beings are born with a set of core negative beliefs already programmed into the subconscious. If childhood is loving and beneficial to soul growth, many of these beliefs lose their power and are replaced with positive ones, such as “There is always enough.”

This channel had to find scientific proof that the universe is infinitely abundant before he was able to sufficiently change the belief in scarcity, even though he had been working on himself for many years prior to that discovery. Scientific approaches to healing the mind are often appropriate, since the mind usually thinks in those terms.

In this vein, one of the best subconscious mind healing techniques is the guided meditation whereby you take the client into a control room deep in the basement of a large building. This visualization represents your consciousness, with its many layers (floors), culminating in the core programming center that runs the entire mind (a control center in the basement of the building).

Once in the control room, you are asked to bring up a computer screen that is displaying your core negative beliefs, and then you delete them and replace them with positive beliefs. This might seem overly simple, but the subconscious mind takes things literally, and if you tell it to delete negative beliefs that hinder your soul growth, and you visually show it how to do this, it merely follows orders. (There is a full 40-minute guided meditation for reprogramming the subconscious mind available from this channel on CD or mp3.)

More Techniques for Clearing Emotions and Negative Beliefs

If deleting core negative beliefs in the manner described above was all that is needed for complete healing, then this technique would be a panacea for humanity, but unfortunately, most of the core negative beliefs were programmed into the subconscious with a lot of energy and intensity. That is why the additional techniques discussed below are important. They take the client out of the realm of the mind and into awareness of energy.

If you can feel energy with your whole being and not just your mind, healing is far more effective. This is one of the missing ingredients in psychotherapy. While the practice rightfully focuses on emotional and mental issues, techniques such as cathartic release, rebirthing, primal breathing, kundalini meditation, and others are rarely incorporated into traditional therapy. We have briefly described these and other techniques below.

Cathartic release is any technique that encourages energetic expression of suppressed or repressed emotions. Such emotions have become embedded in the cells of the body as energetic blockages, and the dynamic expressions inherent in these techniques allow the energy to start flowing again through the cells of the body. An example of a cathartic release technique would be breathing deeply and sounding “Ho!” repeatedly on each exhale.

Rebirthing is a breathing yoga brought to Earth by Babaji and disseminated by Leonard Orr. It involves what is called “circular breathing,” which is accomplished by forcefully pulling in air on the inhale and then relaxing it completely on the exhale, with minimal pauses between each

inhale and exhale. The more rapid the breath, the more intense the experience.

Primal breathing is the opposite of rebirthing, in a sense, because the emphasis is on the exhale rather than the inhale. Each exhale is forced out, often with sound.

Breath of fire, related to kundalini yoga, involves short, rapid breathing for periods of time, followed by pauses with deep natural breathing.

Kriya yoga is primarily centered around breath as well, and involves carefully measured inhales, pauses and exhales, often with mental repeating of number sequences.

Kundalini meditation, and its cousin, chaotic meditation, involve various sequences of activity and rest, such as a period of intense free-form dancing and rapid breathing, followed by calm, quiet meditation. Oftentimes live or recorded music is used to cue changes in the meditation program.

In addition to bioenergetic and cathartic processes, we have given below several techniques that work on the subtle bodies — the astral, etheric and causal levels.

Dissolving Astral Implants

Earlier, we discussed astral entities and how to dispel them. We reiterated that the best way to avoid them is to heal your own emotional and mental issues so that you are not attracting negativity in any form.

Sometimes there are crystallized energy fields called implants that human souls carry around with them, often from past lifetimes, that may have originated from the astral planes, or that may have had a physical component at one time, but later got embedded into the astral body.

What are implants? An implant is a highly concentrated area of energy that can take the form of an irritated spot on the physical body, or even an electronic device inserted under the skin, but not all astral implants have a physical component. Implants can appear as dark geometric forms in the astral body. If there is a physical component, it might show up in x-rays as a mechanical device inserted into the body. Often, even if there is no physical object present, there are corresponding issues with the physical body in the area where the implant is or has been.

Since the astral body correlates roughly with the physical body, an implant inserted into the physical body in a past lifetime, in the area of the third eye, for example, might be carried over into the astral body in this lifetime and could affect a soul's ability to express energy through the third eye now.

Astral implants are relatively easy to remove. There are almost no good reasons to have them, for a soul who is rapidly evolving. Oftentimes, they were put there by Light or dark beings in times past in order to protect the soul from harm, or to monitor his activities (for benevolent or malevolent reasons). Sometimes, implants are programmed into the astral body to establish a link between the soul and those who wish to control him from the astral planes.

During the wars in Orion hundreds of thousands of years ago, many implants were inserted in souls as a weapon of war. You might still have remnants of these implants today. In some cases, it is as simple as asking for them to be removed by your Higher Self. In other instances, you might need to do a ritual or prayer, complete with visualization. Invoking the Arcturians is a good idea. They specialize in implant and imprint removal.

Once an implant is removed, it almost never comes back unless you have a karmic relationship with the soul or souls that originally put it there. If you have evolved beyond war mentality, you will not have an Orion implant from their military operations re-inserted into your physical body after its initial removal.

Keep in mind that the wars in Orion took place hundreds of thousands of years ago (and are

kept alive by the “star wars” mentality, along with the many movie sequels of the same name). Orion today is a mostly peaceful place, but many of the souls that engaged in battle for thousands of years during the wars there, have come to Earth and are still playing out the drama of duality here.

How do implants affect the human soul? In many cases, there is no longer any effect, but sometimes they feel like an energetic block, and occasionally they can affect the emotional and mental bodies. If you feel blocked in some vague way that you cannot seem to pinpoint, it might be an astral implant. After asking your Higher Self to remove any implants that might still be present after many lifetimes, if you still feel blocked, we recommend getting a clairvoyant person to look at your astral body. You can go to a healer who specializes in implant removal as well.

Many souls have asked whether or not today’s military on Earth is capable of inserting implants, and the answer is “Yes.” There were experiments conducted on a number of soldiers and a few civilians during the 1960s and 1970s. In most cases, these operations to implant electronic or energetic chips under the skin were done with the soul’s conscious permission, but there are certainly cases where the implants were given without conscious consent. However, even with the advanced technology of the greys and other ET groups, it is not technically feasible to implant large segments of the population without their knowledge.

Certainly, there have been abductions by various ET groups where souls have been taken during the dream state and implanted, with an attempt to erase their memory of such events. However, a great many souls who were abducted are able to recall this under hypnosis or guided meditation. The groups responsible for physical implantation have completed most of their tasks on Earth, so abductions have dropped off dramatically in the last ten years. Details of the reasons for abductions by the Zeta Reticulins were given in previous writings.

The vast majority of abductions were to members of their own ET races, who had voluntarily incarnated on Earth and agreed to these abductions prior to birth as humans. Of course, most of them forgot their assignment due to the distractions of growing up as human beings, and often experienced shock and trauma once the abductions began. The ET groups involved are not experts regarding physical life on Earth. Many do not understand the effects that sudden change can have on the human body, nor do they understand the impact of their actions on the ego/personality complex.

Notwithstanding the above, if you have received an implant from a group of ET souls, such as the Zeta Reticulins, you can ask the Arcturians to remove it, and in most cases, the removal will be straightforward and quick.

If you happen to be one of the few individuals who have been experimented on by the militaries of Earth, we suggest you initiate a program of therapy and healing, as well as asking your Higher Self and the Arcturians to remove any implants you may have received. Always remember to bless and forgive the militaries and anyone else who might have given you an implant.

There are rumors that some “authorities” on Earth will attempt to microchip large segments of the population in the years to come. While there are a few individuals who would like to do this to the general populace, such a program is unlikely to succeed because the majority of the general population would not accept it. Currently, only medical devices for disabled persons and a few voluntary military recruits are accepting such devices under the skin. We also understand there are programs to microchip animals (primarily pets).

Those who want to implement a microchipping program in humans will try to instill fear in the general populace to convince them that they should have these tracking devices inserted into

their skin for their own safety. Then if you get lost, someone will know where to find you. While these devices can be used for beneficial purposes, it is recommended that you refuse any such offers, since the potential for abuse is quite high. Also, your physical body could have a reaction to foreign material and reject them, or produce an infection at the implantation site.

Removal of Etheric Imprints

Etheric imprints are similar to astral implants, but imprints are more subtle and are usually caused by traumatic experiences in this or past lifetimes. In addition to emotional scars and core negative beliefs in the mental body, trauma can cause distortions in the energetic patterns of the etheric body. The etheric body contains the blueprint for the physical body. If there is a traumatic event imprinted within this blueprint, it is like a short or open circuit in an electronic device, which will cause a malfunction.

Often, healing the emotional and mental bodies is not enough. There must be an energetic healing that changes the electromagnetic patterns of the body.

Etheric healing techniques often work with the meridians, or ley lines of the body, to remove distortions in the electromagnetic field. Common etheric body healing practices include Reiki, Reconnection, acupressure, acupuncture, Qi Gong, Quantum Touch, and other various bioenergetics. These practices introduce cosmic healing energy into the grid system of the etheric body, correcting the imbalances caused by etheric imprints.

In certain bioenergetic techniques, a pattern of movement, sound, visualized symbols, and other processes are employed on or above the body while it is lying on a table. These movements are designed to “match” the blueprint for a healthy, vibrant energetic self. As the energy flows from the healer (channel) into the client, it overlays the patterns that have been present in the client, and in some cases, cancels out the negativity, or redirects the energy into the proper meridians and circuits of the body.

You could use the analogy of an electronic circuit. The bioenergetic technique is like disconnecting a cable from a malfunctioning area of the circuit and connecting it to a new, properly functioning circuit. Bypassing a defective chip in an electronic device and hooking the remaining circuitry up to a new functioning device is a good analogy. The healing pattern of Reiki, Reconnection or certain other techniques, becomes infused into the etheric body, often resulting in rapid physical healing.

When etheric imprints are removed, it becomes easier to heal the emotional and mental bodies due to the fact that there are corresponding patterns in those levels. The new blueprint created by the bioenergetic technique flows down into the astral and physical bodies quite quickly, often within a matter of seconds or minutes. If the blockages are very intense and have been there a long time, this period of integration between the etheric, astral and physical bodies might take longer — perhaps hours or even days. Repeating the healing processes described above on a regular basis is recommended for deeply embedded negativity in the etheric body.

Healing Causal Body Patterns

When trauma occurs in a particular lifetime, an energetic pattern is formed in the causal body. If you recall, the causal body is that aspect of the soul that travels between lifetimes and remembers past life experiences. It is also the level of self that accrues karma and enters into soul agreements and contracts. The techniques described below are specifically designed for healing the causal body.

Past Life Reading and Past Life Regression

In a past life reading, the clairvoyant will tune into the client and describe one or more past lifetimes. In a past life regression, the client is taken into deep meditation and is asked to participate in discovering what occurred in past lifetimes. The disadvantage of these techniques is that they do not offer specific processes for healing what is discovered. For that, the following techniques are recommended.

Reframing

Reframing is a psychological process whereby you consciously create a different past from the one that happened in your dominant timeline. For example, if you had an unhappy childhood, you imagine going back in time and creating a happy childhood to put in its place. The idea here is that the subconscious mind cannot tell the difference between the linear past of your dominant timeline and the present “memory” of a happy childhood, and will start behaving as if you really did have a happy experience of your upbringing.

It should be noted that reframing does not mean you go into denial about what happened in your original timeline. It is important to heal all unresolved emotional and mental trauma before attempting to work on the causal body issues. Once you have learned everything there is to learn about past trauma, you are ready to create a different past. If you have read this far in the book, we would say you are ready for a new past.

Timeline Healing

What happens when you put all these past life and reframing techniques together and include some additional healing processes? You have what is called “timeline healing.” This is the most recommended of the processes for healing the causal body.

In timeline healing, you do more than just imagine a different past. You actually interact with your past and give your past selves a healing in real time. In order to do this, it is necessary to go deep into meditation and feel your past lifetimes energetically. However, the therapist guides you carefully and employs certain safeguards that enable you to re-experience your past from the vantage point of the Higher Self.

In timeline healing, you actually change your dominant timeline. The simplest way of perceiving this is to realize that before the healing session, you had a certain past, and after the healing session, your past includes being visited by your Higher Self and receiving a healing during your past lifetime. If the healing is performed on early childhood in this lifetime, there is a situation whereby some clients “remember” being visited during early childhood. When this occurs, it is called, “closing the time loop.”

We have described timeline healing in our other writings and encourage you to contact the channel for more information.

Reverse Timeline Healing

A variation on timeline healing involves going back to a time when you felt happy, powerful and successful instead of traumatized. This technique is especially useful for manifesting desired outcomes in your present lifetime. You have a happy, powerful and successful self, right now, in this eternal NOW moment. In linear time, this self appears to exist in the past or future (unless

you are already feeling happy, powerful and successful right now).

This technique is based on the quantum entanglement principle of quantum physics, which essentially states that all of your selves exist simultaneously in this moment.

When you can energetically connect with your happy, powerful and successful self, you are then able to radiate that energy into the world and attract similar energies back. This is useful when visualizing your desired outcomes in life.

Of course, the ego/personality can interfere with this process and so there are additional steps utilized to deal with the doubt and fear of the ego.

Future Timeline Linking

In reverse timeline healing, you go back into the past and connect with a time when you felt happy, powerful and successful. You then bring that energy forward in time to the present and radiate it into the world. In future timeline linking, you connect with your happy, powerful, successful self in the future, when the goals and objectives of a specific intention have already been accomplished.

As soon as you set a goal firmly in mind, you create a probable timeline that includes the manifestation of that goal. This is based on the Uncertainty Principle of quantum physics. Before setting the goal, there are an infinite number of possible and probable timelines, but as soon as you focus on the goal, the future collapses into a single dominant timeline (with many alternatives and variations spinning off because of your ability to change your mind later).

In future timeline linking, you establish a relationship with your future self and he or she becomes your spirit guide regarding the project you are working on. You consult your future self periodically to adjust your actions and decisions accordingly. In other words, you ask your future self, “What did you do to get to where you are?” He or she will then advise you on specific steps to take to manifest your goals.

String of Pearls Technique

Most souls have dozens, if not hundreds, of traumatic experiences accumulated over hundreds, if not thousands of lifetimes. It is unrealistic to expect everything to be healed in one timeline healing session. However, there are streamlined approaches to timeline healing that can affect a large number of traumatic events within a given lifetime, or a large number of traumatic lifetimes along a given stretch of soul evolution.

Whenever this channel initiates a timeline healing session, he asks that the lifetimes with the greatest amount of trauma be the ones revealed first, so that the maximum amount of healing can occur. If there are several incidents of trauma within a given lifetime, the healing can be spread along the client’s timeline like a string of pearls. Each pearl is a golden light healing occurring at the moment of, or just prior to, a traumatic event. For example, if you were abused as a child and there were 18 incidents of abuse, the healing will be spread across 18 different places in your timeline.

Although the string of pearls technique does not go as deep as a regular timeline healing, it can greatly speed up the healing process if there are a lot of traumatic events in one lifetime.

Even more broad sweeping is the string of pearls across many lifetimes. If you had, for instance, ten lifetimes where you died in battle, you can “pan out” your focus so that all ten lifetimes are showing across your multidimensional self. Then you can direct God’s golden, radiant, loving Light into all ten lifetimes at once, highlighting the specific incidents that caused

trauma.

There are many more techniques we have not yet discussed. We will expand upon a few of them now, taking care not to duplicate what has been given in the past.

Energy Dynamics

We have decided to include some advanced techniques in how to handle energy, since you live in a sea of it all the time. You will likely find yourself using one or more of these techniques every day without realizing it. Becoming conscious of how you handle energy will greatly accelerate your soul evolution and integration.

The first four techniques described below are effective at preventing yourself from accumulating the soul fragments of others.

Mirroring (Reflection)

When you mirror someone or something, you reflect the energy back to its source. Although this is a common psychotherapy technique when employed in the mental plane (“What I hear you saying is...” and then you repeat what was said), this can also be done on an energetic level.

There are many times when it is appropriate to reflect a person’s energy back to them. This often helps the sender see and understand the nature of what he or she is emanating. If the energy is highly negative, this could have a detrimental effect on the sender, and for that reason, it is suggested this technique only be done with love and compassion, when it has been determined that having the energy reflected is the best way for the sender to grow spiritually.

Many times souls are already versed in how to reflect energy, especially if they grow up with parents who are therapists or have been through various communication courses that stress this form of behavior. Sometimes, mirroring becomes an unconscious habit. In this case, the reflector is constantly helping (or irritating) people without even trying.

This channel has had a number of clients and friends that say something like this: “I don’t know what it is about me that rubs people the wrong way. It seems like they feel threatened by me in some way. All I’m doing is being honest and pointing out to them what they are energetically sending. You would think they would be grateful to have me help them become aware of what they are doing.”

Obviously, not everyone appreciates having their energetic emanations pointed out to them. By constantly sending energy back to the originator, the focus is on the sender, and not the receiver. For that reason, mirroring is a favorite technique of those who are good at giving, but not so good at receiving.

Reflection (mirroring) can be quite helpful at times, but it is only one tool in the box, and is not a “universal” one size fits all type of tool. Sometimes, the one doing the mirroring is all too eager to reflect back to people so that he or she does not have to focus on feelings that might be unresolved within.

In addition to mirroring, it is important to have all the following skills and behaviors available in order to truly respond in the highest and best way to any given situation.

Deflecting

Brushing off criticism, or changing the subject, are ways of deflecting energy. At times they

are appropriate or even necessary in order to maintain clarity and balance. Sometimes, deflection can even be a life-saver. This technique works best if there is a relatively small amount of energy being sent, by one or two people, in a generally non-threatening situation. That said, related techniques are often used in martial arts to direct the energy of an “attacker” around the intended target.

It is well known that you do not forcefully resist the energy of your “opponent” in martial arts, but rather, use his or her own energy in ways that benefit you, the intended receiver.

The simplest example of deflection is when you move out of the way of an attack and then use the attacker’s energy to redirect him or her into a desired place. This is not the same thing as avoidance, where the main objective is to remove oneself from the confrontation. That is rarely an effective way of dealing with energy that is directed toward you. Why? Because sooner or later, another round will be coming your way, and in the meantime, nothing has been resolved or healed.

With deflection, you are acknowledging the energy of your “opponent” and simply redirecting it in ways that hopefully serve both of you. If the deflection is done with malice, it can backfire, or keep you from learning the intended lesson. An obvious example would be moving your body in such a way that the “attacker” causes undue harm to himself. If you are in a life-threatening situation, such as a vicious assault, then this could be appropriate self-defense, but when the “attack” is purely energetic, your main objective is to send the negative energy off into the universe to become dissipated.

In etheric healing techniques, energy is often deflected down into the Earth in order to avoid absorbing it into the chakras of the healer. An example would be a chakra clearing technique wherein you move the negative energy of the client out of her body and into yours, and then push the energy down your body and out through your feet. To do this form of deflection safely, you must stay very aware and present, and make sure all the energy leaves your own body and goes into the Earth. The Earth can handle dissipated negativity just fine. Some souls are concerned that nothing negative should be put into the Earth. That is true when dealing with large numbers of souls, but the amount of negativity cast off by just a few souls is negligible, from the Earth’s point of view, and you can balance it out by sending love and compassion to the Earth.

Refracting

In physics, refractors are devices which change the frequency and intensity of light, along with its visual patterns. When you refract energy, you take some of it into your being, but in a way that you can handle. In other words, you do not absorb the soul fragments of others even though you take on some of their energy.

The difference between deflection and refraction is that with deflection, essentially all of the energy is moved to another location, whereas with refraction, you are moving the energy through your own auric field (and to some extent physical body), but changing it as it moves through. This is not the same as transmutation, because you are not changing the fundamental nature of the energy, but simply moving it in a different manner from that to which it entered your space.

A concrete example of refraction would be when you encounter an angry person who is spewing venom, and you calmly and peacefully take the person, hold him or her in your arms and say, “Calm down, take a breath, and relax.” Then both of you breathe and imagine letting the energy go down through your bodies and into the Earth. The energy is still anger, but it has been softened and, to some extent, dissipated, as it moves through the aura of peace that you have created around both of you.

Transparency

You have probably heard the expression, “Become like a hollow bamboo and allow the energy to pass right through you.” This is a form of transparency. As the word suggests, you are becoming hollow, of little or no substance, and allowing energy to pass right through you without sticking.

This technique is best accomplished when you have little or no investment in the outcome of a conflict or confrontation. Because you have no emotional investment, none of the vile, intimidating or menacing energy has any effect on you, and you just let it pass along without any reaction whatsoever.

If you are in a dangerous situation, it might not be possible to pretend you are unaffected by the assault, but it could be possible to suddenly detach from the situation and view it from a higher perspective. If you become transparent, you take away the incentive for the attack, since there is nobody fighting back, or defending against the attacker.

A real-life situation would go something like this. A man becomes very angry and threatens to strike you. Instead of defending yourself by using one of the earlier techniques, you might say something like, “Go ahead and hit me. I don’t care,” and then just stand there looking at your opponent. Obviously, this will not work in every situation. You want to do your best to go within and make sure you are getting clear guidance to become transparent. However, refusing to engage your opponent takes a lot of the steam (energy) out of the interaction, and most likely the attacker will calm down because he is not getting the reaction he wants by being angry. In other words, you are not meeting his needs and he will likely go somewhere else to find someone who will meet them.

The more you detach from the drama of life, the more transparent you become. The Law of Attraction will stop bringing you confrontations where you feel a need to defend yourself. Instead, it will be as if you are invisible. The negative energy passes right through you and goes until it finds someone who is capable of being triggered by it.

Absorption

The final three techniques are reserved for advanced students of energy only. If you are strong and relatively free of negative emotions, you may choose to absorb some of the negativity of others, temporarily, in order to help dissipate it. In some cases, you might take on the energy of others in order to better understand them.

To some extent, almost all of you reading this have chosen to absorb a bit of the negative karma of the Earth as part of your mission as Lightworkers. However, this can be a double-edged sword. While taking on some of the world’s energy is inevitable, bringing too much of it into your being can jeopardize your mission.

The idea is to take on just enough that you are able to relate to another soul on his or her level, but not so much that you fall into the quicksand along with the client or student.

An example of this is sympathy. You are comforting a loved one who has lost someone, and you cry together and both of you feel the grief of what has happened. You then stop before you are completely enmeshed in the drama, and begin lovingly giving some pointers to the other person to help him or her move through the grief.

Absorbing some of the energies of the Earth can be helpful to get grounded, especially if you tend to be spacey and unable to concentrate on Earthly tasks. You can go into meditation and feel the energies of the Earth coming up through your feet and the base of your spine. Once you have

absorbed the amount of Earth energy that feels right to you, send the excess out through your crown chakra and into the heavens. You can do the same with cosmic energy coming down from above. As it absorbs into your body, send the excess down into the Earth.

You will know when you have reached maximum absorption because you will feel full inside. Continuing to absorb energy will tend to make you feel tired and sluggish, if the energy is negative, and hyperactive, if the energy is positive. The way to undo the over-absorption of energy is through cathartic release techniques (described earlier).

Magnifying

There are rarely any instances where it is appropriate to magnify negative energy, unless it is a carefully orchestrated attempt to teach a lesson to someone who is extremely arrogant and cannot learn any other way. An example might be a martial arts teacher and an overly-confident, know-it-all who thinks he is better than the teacher. In that case, a careless move on the part of the student might be met with an exaggerated response that throws the student to the floor unexpectedly.

Another example might be a film that focuses explicitly on the negative effects of a government policy, harping on the problems (the “squeaky wheel syndrome”) until someone in a position of “power” takes notice and effects change in the behavior of the perpetrators.

A related example might be the gross, disgusting anti-smoking commercials that were aired in many places many years ago, featuring people hacking, coughing and gasping for air, in order to drive the point home.

More commonly, magnifying is used to increase positive energy. An example might be when you are working with a client who is having a hard time loving herself. When she does a little thing that is loving, you exaggerate the praise in order to encourage more loving things. In essence, you harp on the positive and blow it out of proportion, since the subconscious mind doesn’t know the difference between normal and exaggerated reality.

An obvious disadvantage to magnifying is that you can make “mountains out of molehills.” In a way, this is the opposite of detachment. In detachment, everything takes on a minuscule significance compared to the vastness of the universe.

One downside of magnifying, often experienced by Lightworkers, is the tendency to make every little detail of life into a cosmic lesson. “Oops, I dropped my glass and it broke. I wonder what the karmic lesson is in that?” Probably nothing, other than paying attention to what you are doing.

This channel has noticed that some of the Earth changes have been magnified in the various prophecies. This is especially true of chemtrails, a very real phenomenon that occurs during weather modification and experimentation. Many souls think every condensation trail is a sign that they are being intentionally poisoned. In this case, they have taken a little bit of reality and blown it up into a major problem.

In previous writings, we indicated that there are groups in the higher dimensions working with Earth to make sure you don’t damage your atmosphere beyond repair with your various experiments. While it is good to be concerned about your environment, it is important to put things into perspective and realize that the chemtrails problem is relatively minor compared to things such as genetically modified food and the overall pollution of your air, water and land.

Transmutation

This is the most advanced of the energy dynamics. The word is coined from transformation and mutation, and implies a radical change from both an inner and outer viewpoint. The inner sense is a transformation of consciousness, and the outer sense is a mutation of the energy field.

When you transmute energy, you take it into your being in a manner similar to absorption and magnification, but you change the fundamental nature of the energy. Now, it no longer resembles, in any way, the structure and function it had before it entered your space.

A related word is “alchemy.” The change might involve a simple restructuring of the atomic nature of a substance, such as changing one or two electrons in the orbit of an atom, or adding/subtracting a proton, but that is all that is required to turn lead into gold (at least from a chemical point of view).

An example of transmutation would be turning the energy of someone who is raging, into a loving, compassionate vibration. In this case, you would take the intense energy of the rage into your being, fill it with God’s golden, radiant, Loving Light, and then send it back out into the world as pure, unconditional love.

Believe it or not, there are souls capable of doing this. They are the miracle workers who go to the prisons and rehabilitate souls. They are the angels of mercy that show up at exactly the right time to turn a seemingly hopeless situation around.

In the martial arts analogy, this would be the highly evolved master who takes the angry, aggressive energy of the attacker, makes a few artful moves, and has the attacker on his knees sobbing and begging for forgiveness (which the teacher gladly offers). In this case, the transmutation involved more than just neutralizing the negative energy. A totally new pattern emerged that completely changed the consciousness of the student.

Many of the advanced Lightworkers have come to Earth to help transmute the negativity that has been occurring here for thousands of years. Every time they go to a place filled with negativity and begin pulling in the Light and offering prayers, they transmute some of the energy of that place. Whenever you send love and compassion to the seemingly darkest members of humanity, you contribute to the transformation and mutation of the human species.

Transmutation is never used for negative purposes. The consciousness required to transmute energy is beyond what can be achieved with negativity.

We hope this section on energy dynamics has been helpful. Now, we turn our attention to shamanic practices.

Shamanic Healing

There are many facets to shamanic healing, including working with the spirits of plants and animals, changing the nature of time and space, and more. Many shamans also work with beings in other time periods and dimensions. You can connect across time and space with spirits (discarnate entities, sovereign beings, extraterrestrials, nature spirits, etc.) in many different realms and ask their advice, or give and receive energy with them. Of course, all this is to be done with adequate protection.

Shamans employ many techniques to assist in the contacting of spirit guides, including drumming, ritual, dance, chanting, prayer, the use of sacraments, and more.

Working with Nature Spirits

There are many types of spirit beings existing in many levels and dimensions. They can be

called upon to assist in the healing process. Depending on their level of vibration and realm of existence, they can go by many names, including devas, nymphs, faeries, sprites, gnomes, elves, and such. Most inhabit the realms between the upper astral and lower etheric planes, including the inner Earth (an etheric realm). Many are happy to help you in any way they can.

The Earth spirits mentioned above are usually sovereign entities. In addition, some shamans work with the discarnate fragments of various beings. They may be able to communicate with both the discarnate aspects and the parent parts of such souls in the higher realms. This is especially true of animals. The parent parts of living or discarnate animals are often called “totems.” Many totems will counsel human beings in how to develop sharp animal instincts and heightened senses. The shaman will often have a close relationship with totems, close enough that the totems will help the tribe with hunting and raising of animals.

When the tribes are hunting and come upon an animal, the shaman may contact the totem of that animal to ask permission before taking the life of the animal for food. In many cases, the animal incarnated with the knowledge that it would be sacrificing its body to feed the tribe, and does so willingly.

Make sure to use protection before invoking nature spirits or animal totems, since not all of them are 100% of God’s golden, radiant, Loving Light.

Sacraments

A “satori” experience is a temporary enlightenment that can be caused by meditation, initiation by a guru, listening to certain music, saying particular mantras or chants, yoga, powerful group experiences, or through the use of sacraments. Sacraments are plant or animal products that help awaken certain senses in the body, emotions and mind. They can also open you up to the astral, etheric and causal levels of being.

The most popular sacraments are psychoactive plants, such as ayahuasca, psilocybin mushrooms, mescaline (peyote), San Pedro cactus, and a few others. When taken as part of a shamanic ritual, with safeguards and controls in place, they can serve as catalysts for a satori experience.

Many shamans use these substances to help open up communication with various spirits. The spirits of the medicine are related to the spirits of the plants and animals all around them in the jungle (or wherever they live). Everything is connected, including plant medicine.

If you know a shaman you can trust and are willing to open yourself to new experiences in a carefully controlled environment, sacraments may be useful. Keep in mind there are dangers, including the tendency to abuse these substances, take too much, not prepare properly before ingesting them, or expecting them to somehow “save” you.

Sacraments can serve as catalysts for bringing aspects of the self to the surface that are often hidden or hard to access. That does not mean they do your work for you. They might open you to a vision of your Higher Self, or give you an energetic experience of higher dimensions. The so-called “hallucinations” many people experience can be a combination of things, including projections of the imagination, visual patterns of energy, or clairvoyant visions. Since everything is energy, psychoactive substances allow you to temporarily perceive energy in ways that differ from ordinary perception.

Psychoactive substances tend to magnify what is already in consciousness and they also shift your perception so you are seeing reality from a different vantage point. This can be either helpful or harmful, especially to those with emotional and mental instability. Magnifying existing fear, for example, can have devastating effects, whereas shifting perception away from

the fear might be beneficial. This is one of the reasons why the environment in which the sacraments are taken is so important.

In the case of psychologically disturbed people, it is especially important to create an environment that shifts their focus so they can detach from the drama and trauma of their lives, perhaps enough to gain valuable insight and realize that there is life beyond their specific drama.

We anticipate that some physicians and psychiatrists will voice their concern over giving psychoactive substances to emotionally unstable people, but various members of the psychiatric community are doing just that, and often are having very positive results. We reiterate that those positive results come from a careful and intelligent structuring of the environment so that these patients feel safe and supported during their psychedelic experience.

We are not encouraging anyone to use substances that are illegal, or to engage in behavior that may cause injury or harm to self and others.

This is a controversial subject and we encourage you to do your own research. For now, we will move on to other techniques for achieving soul integration.

Ascension Activation Meditations

This channel offers what he calls “Ascension Activation Meditations.” These are guided visualizations with autosuggestions, music, and a journey to a site called an “ascension chamber” where the participants undergo an initiation by ascended masters and/or an ascension crystal. The purpose of these meditations is to raise your frequency and vibration sufficiently to make your ascension process easier and more efficient.

Ascension is a normal, natural process once a soul has reached a certain level of awareness. Ultimately, it is totally unnecessary to offer ascension workshops or techniques. You can liken this to a caterpillar taking a weekend workshop in how to become a butterfly.

Nevertheless, there is value in having some understanding of what the next stage of evolution looks and feels like, plus it is important to make people aware of the obstacles standing the way of this normal, natural, evolutionary process. Ascension activation meditations keep souls focused on their spiritual and physical ascension, which is a part of soul evolution. Therefore, doing the meditations can help shift the focus away from negativity and onto ascension. “What you focus on, you become,” is one of this channel’s favorite sayings.

Obviously this does not mean all you need to do are ascension meditations. You still must work on yourself, examine your motivations, uncover your core negative beliefs, and heal your emotions. Doing ascension activation meditations may assist you in healing more rapidly and reducing the amount of resistance you have to the higher dimensional truths.

We encourage you to read the books that came before this one, for a detailed explanation of spiritual and physical ascension.

Sacred Toning

Everything in the universe has a vibration. Some sounds are harmonious to your well-being and some are not. Your soul signature contains what could be called your soul song. When you hear tones or melodies that are in harmony with your soul song, it creates a resonant field of vibrations that promote healing of anything that is discordant. In other words, the harmonious sounds and melodies cancel out and override anything that is dissident, or out of harmony.

Sacred tones may include chanting, OMing or various pitches of sounds sung or played on musical instruments. Someone who performs sacred toning tunes into his or her Higher Self and asks that the perfect right sounds and pitches come forth.

This channel incorporates sacred toning into the ascension activation meditations in order to further assist souls in raising their frequency.

Music and Sound Healing

In addition to tones and chants, there are musical progressions that can trigger healing. It is well known that certain classical and new age music pieces can enhance or induce a blissful state in the listener. The research into whether such music actually heals is controversial. Some practitioners maintain it can cause miraculous healings. Other researchers claim this is nonsense. Based on the principle of frequencies and vibrations, we would say that the right combination of music and sound can indeed trigger healing on any one or more of the six lower bodies.

This channel has pieces of music that he has rated by vibrational level. The highest vibrational music in his system comes in at 6.00. Anything above 5.00 is considered highly beneficial, but since each soul is unique, not all high vibrational music will have the same effects.

You can contact the channel for the titles and artists most recommended for healing and ascension.

Color and Pattern Therapies

Light has a specific set of vibrations, just like sound. Unlike sound, light occupies a higher part of the frequency spectrum. Like sound, there may be specific frequencies of light that harmonize with the frequencies of a particular soul, thus making healing possible. If you look at pleasant images, such as those of a sunset or flowers, it can trigger peace and relaxation in the lower bodies. Certain combinations of colors and patterns can trigger changes in the DNA. There are light receptors in the brain cells that send messages throughout the physical body based on whether or not a certain light or pattern is harmonious and safe, or whether it is threatening.

We anticipate a lot of breakthrough technologies in this area in the coming years on Earth.

Sacred Geometries

Certain shapes and geometric objects can have a healing effect on the soul. If you sit under a properly constructed pyramid, for instance, the energy patterns generated by the structure can balance and harmonize with the energy patterns of your subtle bodies. Sometimes geometries are energizing, at other times they are relaxing. Living in square or rectangular boxes, the shape of most houses, is generally not favorable for a healing experience. It is recommended that you experiment with geodesic domes, circular houses, such as yurts, cylinders, and other shapes, as well as pyramids, to see which forms promote healing for you.

In summary, there are numerous techniques for achieving soul integration, and we hope this chapter has given you insights and ideas on how to accelerate your own evolutionary process.

We, the Founders, and the Higher Self of this channel, are dedicated to assisting you in your quest for inner and outer freedom.

Chapter 5

The Nature of Enlightenment

The Process of Enlightenment

Greetings, dear ones, we are the Higher Self of Sal, in conjunction with the Founders.

The word, “enlightenment,” can mean a lot of different things, and it often refers to numerous states of consciousness. Of course, the literal meaning of the word is to be filled with Light, which is certainly one of its definitions. Below, we have given several descriptions that correspond to its various meanings, as they apply to soul evolution and beyond.

Before we talk about the levels and types of enlightenment, let us examine the cycles that most souls go through on their way to enlightenment.

Cycles of Soul Evolution

There is a natural cycle that occurs as souls go through their long journey of evolution in the lower worlds. A Zen saying offers one way to describe these cycles: “First, you don’t know that you don’t know, which is ignorance, then you know that you don’t know, which is humility, then you don’t know that you know, which is being asleep, then you know that you know, which is enlightenment.”

From a psychological point of view, there are also four cycles to soul evolution. First the soul is asleep, dreaming that it is a separate self, all alone in a hostile universe, and becomes identified with material things and pursuits. Then there is a satori experience, a sudden shift away from materiality, perhaps as a consequence of a near-death event, accident or illness, or through meeting a teacher or going to a spiritual workshop. Perhaps this temporary enlightenment occurs during the soul’s early attempts at meditation, and then returns again after many years of daily practice. Following the satori experience, the soul’s entire life and focus changes and he or she is now on a conscious spiritual path. There may be several more satori episodes, but at some point, the enlightenment seems to fade and is replaced with what is called a consolidation phase. This is where all the old patterns of emotion, thought and behavior tend to return, and the young seeker may get discouraged and think he or she has gone backward. However, the door never closes once it has been opened, and very soon, the young soul makes a commitment to grow and evolve. He or she might undergo therapy, a disciplined spiritual practice, or follow the instructions of a teacher, in an effort to heal all the negativity that is rising to the surface.

Once the soul has undergone this period of purification and cleansing of the old self, the Higher Self starts to become more apparent. The soul now strives to experience integration of the various levels and dimensions of the self. As all the parts and aspects become integrated, true enlightenment occurs.

There are often mini-cycles within the larger cycle of satori, consolidation, integration and enlightenment. In this channel’s work, he sees a chart or graph of soul evolution for each client he works with. The ideal soul path usually consists of a pattern resembling a stairway to heaven, with graceful curves between each step, rather than hard, fast turns. The upward part of each step

represents periods of rapid soul growth, where significant changes are occurring. The flat part of each step represents an inward time of patiently working on the self, where there does not seem to be a lot of obvious change.

Souls in the rapid phase of soul growth are ready to make major outer changes in their lives, while souls in the inner phase of soul growth should refrain from making major decisions in the outer world until they enter another period of rapid soul growth.

As the soul gradually enters into the phase of integration, these cycles of rapid soul growth, followed by a quiet, inner period, are welcomed as necessary steps on the path. There is no longer resistance to the inevitable pauses between temporary enlightenment experiences. When all phases of the cycle are accepted unconditionally as part of the unfolding of the evolving self, this means all parts of the soul are opened to God's Loving Light. This unconditional love and acceptance of the various aspects of soul growth are a precursor to enlightenment.

The length of time necessary to reach integration and enlightenment will vary, depending on many factors, including the soul's free will, past lifetime experiences, and strength of desire to overcome obstacles. No two souls reach enlightenment at the same rate, or in the same way. There are always variations in length and quality of experience.

That said, in this current world cycle, it typically takes about 20 to 30 years for a soul who is committed to growing spiritually to reach a high level of integration. A few souls evolve more quickly and may reach enlightenment in only 10 years, while others may seem to struggle for 40 to 50 years before having a solid and permanent breakthrough.

It is important not to judge yourself if your journey seems to be taking longer than the average. The more you can accept yourself exactly where you are, the faster you will overcome resistance and move forward on the path.

What do souls experience when they are fully integrated? In the section below, we have described several levels of enlightenment commonly experienced by souls as they move along the spiritual path. Some of these you may have already undergone in a profound, energetic way, while others you may understand intellectually, but not yet energetically.

Levels of Enlightenment

One thing all forms of enlightenment have in common is that before you get there, there are barriers and obstacles to realizing that all is Light.

There are two reasons for the information we have given in this book. One is to prepare you for the new Golden Age on Earth, and to show you what must be done within yourself in order to be a part of this new Earth, and the second is to assist you in reaching your full potential and realizing Who You Are. This is enlightenment.

There are a lot of sayings that go with enlightenment. Whether or not they are true depends on what state of consciousness is being referred to. For example, "There are no roads to enlightenment," refers to the timeless and desireless states we will describe below. "No one can fail who seeks to reach the truth," refers to the enlightenment of self-awareness. Let us begin there.

Self-Awareness

Self-awareness is both a method and a state of consciousness. If you are aware, moment by moment, of what is taking place both within you and outside, then you have reached a level of

enlightenment. In fact, the key to experiencing all of the states of enlightenment is to begin with practicing self-awareness.

There are two levels to self-awareness. The first is becoming aware of all the obstacles and negativity that stand between you and full awareness of your powerful, creative, spiritual Self. On a mundane level, you notice everything that gets in the way of being fully present with yourself and others. If you have linear goals and projects in the world, you observe all the ways you become identified with your worldly activities and how you might sabotage yourself, or make things more difficult than they need to be. Perhaps you tie your self-worth in with how well you appear to be doing in the world, according to some pre-programmed idea or image of what it means to be successful.

You may notice how your conscious mind is continually preparing for the future, or trying to escape into the past. You might observe how the mind behaves when there are things that seem to challenge the safety and well-being of the physical body. You are already aware of the difference between actual danger and imagined or perceived danger that has no basis in outer reality, known as psychological fear.

You observe all the ways you are attached to your goals and visions. Attachment is a major barrier to enlightenment because you are not being fully present in the moment if you are constantly futurizing about what you desire as an outcome. The mind will tend to obsess, constantly strategize, and worry about the possible outcomes of your worldly affairs.

If you really take notice of the movement of consciousness, you will see that almost everything within the unenlightened mind has to do with the safety of the body, or the preservation of a cherished self-image that you have developed through growing up in this world.

Let us go into a few more dynamics of how the mind typically prevents pure observation. As we talked about earlier, you live in both a linear and nonlinear world. From a linear perspective, planning and goal-setting is inevitable, even if it is merely to set appointments or take care of household tasks. A part of the mind is appropriately configured to deal with worldly matters, but when that level of mind interferes with meditation and pure observation, this takes you away from the enlightenment of self-awareness.

The most beneficial response to such mental chatter is to notice, without judgment, how the mind is endlessly preparing for the future. Watch the movement of consciousness. See how it is constantly envisioning scenarios of what might happen. "What if this, what if that," it cackles, on and on, endlessly.

The mind thinks its task is to protect you and keep you safe, and to some extent it does that. But it fails to take into account that your body has a built-in intelligence that can alert you if there is any real danger. Unless someone is pointing a gun at your head, or a tiger is attacking you for being in its den, or a boulder is falling down a hill toward you, etc., you are likely not in any real danger.

Your ego has all sorts of imagined scenarios that bring up fear. If you have fallen into the ego's illusions, you will immediately notice the feelings of fear in your body as the ego contemplates all the imagined disasters that could happen. If they are physical dangers being anticipated, then this is because the ego does not trust the body's intuitive intelligence. If you tune in carefully, the body will tell you if there is any real danger. There is a difference between the ego worrying about what is around the next bend in the road, and your body's sense that there is an accident and you had better slow down before you become involved.

As you meditate and practice self-observation, you will become more aware of the difference

between real and imagined dangers. It is not possible to attain the other states of meditation described below if you are constantly on guard about potential dangers, or are spending a lot of time and energy trying to protect the body.

In addition to preoccupation with protecting the body and self-image, start to notice what else takes you out of pure self-observation. Is it judgment? The state of consciousness known as “judgment” occurs when you have core negative belief systems or unresolved emotional issues that you have labeled as “bad” or “wrong.” In fact, judgment, as we are defining it, means the act of making someone or something wrong, including you. This implies that you believe that someone or something can take away your peace, joy or other desirable state.

A simple example is when you are trying to meditate and the neighbor is running a leaf blower. It is possible to incorporate the leaf blower into your meditation, or at least observe the feelings it generates in you. However, if you slip into judgment, a likely response would be something like this: “That insensitive rude neighbor. How could he run a leaf blower on Friday morning at 7am? What an idiot!” After the thought comes the feeling of irritation or outright anger. Your breathing becomes shallow and erratic and your meditation is no longer.

Self-awareness suggests you simply notice the reaction and then choose to return to pure observation.

This form of enlightenment leads to the so-called more desirable forms because it breaks the cycle of illusion. Illusions are dispelled when they are brought to Light. Pure observation brings all that is hidden out into the Light to be revealed for what it is — mostly nothing in the grand scheme of things.

The biggest barrier to enlightenment is the over-reaction of the mind to perceived dangers, and the ego’s insistence that you need more and more of this, and less and less of that, before you can be happy. In fact, noticing the self-image and how it distorts reality, is part of self-awareness.

One teacher calls the ego, the “needy little me.” If you were to voice its concerns, you might say, “I am never good enough. I must always strive to be more and more, better and better. Nothing I do measures up. I cannot rest and relax, because there is always something more to do. The chores are not done. The bills are not paid. How can I possibly relax when I have so many problems in my relationship? What if the neighbor starts running the leaf blower again?” On and on it goes, chasing its tail, until self-awareness finally puts it in its place.

Remember, you must observe the unenlightened self without judgment. Trying to make it go away, or condemning and evaluating it as bad or wrong, keeps you in the vicious cycle. Simply notice, watch, and follow its antics, without getting caught up in the dynamics or drama of it.

As you continue to practice self-observation, it will eventually get easier to stay detached from the ego and its musings. Then, at some point, you might be able to enter into one of the other states of consciousness associated with enlightenment.

As you continue to observe, without judgment, all the various twists and turns in your emotions and thought processes, there is a possibility that you can transcend the constant ramblings and rantings of the mind and enter into a higher state, such as realizing the perfection inherent within all things and seeing how everything fits together in wholeness.

Total Acceptance

The opposite of judgment is acceptance. Total acceptance means that you look at exactly what is taking place, moment by moment, with no sense of making anything or anyone wrong. This is the natural outcome of pure observation, as described in the previous section.

When there is total acceptance, all resistance to what is, ceases. There is no longer any desire to escape into the past (to avoid something you have made wrong), or fantasize about the future (because you find the present intolerable due to your resistance).

Acceptance is not the same thing as resigning yourself to a life of drudgery or dreariness. It is not putting up with things that are essentially unacceptable, such as being treated with disrespect by people around you. In fact, before you can truly change things that are unacceptable, you must first have complete non-judgment and be willing to face things exactly as they are, with pure observation.

The best analogy we have, is to think of driving between two cities. If you want to drive to Seattle, and you think you are in San Francisco, but you're really in Dallas, you'll end up in Chicago. For those of you who are geographically challenged, Seattle is north of San Francisco, and Chicago is north of Dallas. If you want to get to Seattle, you must first accept that you are in Dallas instead of San Francisco, which means you must drive west as well as north to get to your destination.

Regarding the subject of enlightenment through total acceptance of everything (and nothing), the requirements include accepting where you are in any given moment. If you have total acceptance, then you can get to where you truly desire, because there will be no distortion or deception present. You see everything laid out before you in crystal clarity and it becomes evident exactly what path you must travel to achieve your goals, dreams and visions.

Earlier, we stated one of the sayings about enlightenment, that there are no paths to it. You might be thinking that this is a paradox (and you would be right). How can you reach enlightenment if there are no paths to it?

Remember that you live in both linear and nonlinear time. Using our travel analogy once again, within the realm of linear time, you make plans, pack your car, and begin driving. From a nonlinear perspective, you are already everywhere, so the idea of driving from one city to another is meaningless.

We are beginning this section with the states of enlightenment that require some sort of "doing" or method, and gradually moving into those states that cannot be reached by any known method. All you can do is create the right environment and state of consciousness for the deeper and higher enlightenment to happen.

Becoming One with God

As the mind becomes quiet, it is possible to tune into anything and everything, with no labels. This is called direct perception. Now, instead of thinking, "That is a tree. It is an oak tree. It produces acorns and has dark green leaves in summer," etc., you will simply perceive the object directly without the reference to its species and behavior. Of course, if need be, you will have those references available in your subconscious and they might be useful when communicating with others, but your consciousness becomes free of identification with what you are observing.

At some point, there is no longer an observer and you become one with the thing you are perceiving. That means there is no sense of "I" or "me" perceiving a thing outside of the self (such as the oak tree).

A common definition of enlightenment is, "Becoming aware of your Oneness with God." You no longer perceive any separation between you and Creation. There is a simple exercise for achieving a satori experience of this. Simply go into meditation and imagine that everything you think you are does not exist, and everything you think you are not is who you really are. If you continue to do this meditation, you will notice that all the labels and conventions of what you

call, “your life,” fade away, but your awareness of the cosmos and everything within it remains. You simply know that everything exists, exactly as it is, and you can tune into any part of it and perceive accurately what is taking place. This is beyond the mental level, although the mind can be engaged as an observer, if needed.

How does becoming One with God work when a soul is engaged in worldly activities? One of the characteristics of someone who is in a God-conscious state is that he or she “sees God in everyone and everything.” There is no longer any “make-wrong” or judgment. The God-conscious soul takes delight in every person, place or thing, and sees the inherent beauty in everything. The ego, with its bodily needs and preservation instincts, etc., is quiet. The focus is on what is actually taking place around (and within) the soul. There is no interpretation or evaluation involved.

A God-conscious soul may be an outer teacher, or may stay in a very private realm, depending on what he or she is guided to do, but every person the soul meets becomes part of a Divine encounter, a sacred meeting, an opportunity for merging and Oneness. There will be a natural and easy form of communication present, if need be, that does not depend on identification with the ego. This is because everything is coming from the perception of union. There is no separation. Out of this state, a natural loving compassion is born.

Souls in this Divine state of grace will naturally be giving and considerate of others, without trying too hard to be spiritual. There is nothing to prove, and nothing to achieve, but to simply act spontaneously in ways that increase the Divine grace of Being.

True Detachment

Let us take a further look at pure observation. When you have achieved a nonjudgmental state regarding everything that is taking place, outer and inner, you become aware that everything is simply consciousness. There is no “I am” or “me” doing anything. It is simply the movement of consciousness. The consciousness itself is generating states of mind. There is no longer a self that is watching it. The self has become part of what is being watched. Now there is just the “what is.” Nothing more, nothing less.

There is no sense that “I am angry.” There is just a pattern of energy that part of the mind labels “anger.” It becomes a curiosity, a peculiar color, flavor or texture, rolling across the screen of consciousness. It is watched, by consciousness, until it rolls out of sight and is replaced with a different color, flavor or texture.

There is a physical body, not mine or yours, just a body, part of consciousness, having sensations and energy movement within it. There is a natural world, or human-made world, or a combination of both. There are planets, stars, galaxies, and such. There are thought forms of humanity and other creatures. There is a movement of Spirit, vast and timeless.

At some point, the state of true detachment will cease and the self will return to take care of Earthly tasks. However, some degree of detachment can remain at all times, enough to loosen the grip of the ego so that you can see that nothing truly matters any more or less than anything else, except perhaps for self-awareness.

Timelessness

It is possible, during meditation, to enter into the nonlinear realms so completely that time becomes meaningless. Of course, this is difficult to achieve in the world because of the incessant demands on souls to work, relate, and take care of daily tasks.

If you set up your life in such a way that your basic needs are met and you have quieted your ego sufficiently so as not to interrupt your meditation, then it is possible to live in a state of timelessness.

This does not mean time stops. On the contrary, physical, linear time is still going forth in its usual way. But your consciousness is no longer identified with it. Instead, you find yourself in a timeless place, without thoughts of the past or future. Again, this is pure observation, but now something has shifted. Instead of observing the ego with its endless gyrations, you are observing the essence of life itself, a timeless dance with no goal or desire.

Desirelessness

It is extraordinarily difficult to be in a state of desirelessness for more than a few moments at a time, but it is a most sublime experience. True desirelessness occurs when you realize, on a deep and profound level, that you truly have everything you need, right here and right now. There is nowhere to go and nothing to do, but to simply be in this present moment.

As you enter into a timeless state, all desire ceases and you become One with everything. To many seekers, this is the ultimate goal of meditation and spiritual growth, but it is not the end of the journey. In some ways, it is the beginning.

The last thing to be given up is the desire for enlightenment. Until you reach that point, your one burning desire is to be free of maya, illusion, leila, whatever you call it, and to embrace the Divine. This may become an all-consuming obsession, perhaps the only obsession worth having.

There was a Zen master and an arrogant disciple. The disciple would try half-heartedly to practice the principles of Zen, but seemed to lack motivation. One day, his master suddenly and unexpectedly pushed the disciple's head into a barrel of water and held it there until he was about to drown. At the last possible moment, the master lifted the disciple's head out of the water. The disciple gasped for breath for several minutes and when he finally calmed down, the Zen master said to him, "If you desire God as much as you desire your next breath, then you are finally on the path."

So it is fine to desire enlightenment. Just know that all desire, including this one, will eventually fall away. That is what teachers mean when they say there is no path to truth, no way to attain it. The very act of trying to attain something negates enlightenment.

Going Into the Silence

Closely associated with timelessness and desirelessness is the state of true silence. When all desire and thoughts of the past and future have ceased, the mind no longer has any reason to continue its restless ways and so it finally falls silent.

J. Krishnamurti, in his notebook and in many of his other writings, describes the state of silence. "A blade of grass becomes a thing of wonder. Something nameless and faceless, something sacred comes into being, uninvited, unanticipated. It comes in through the open window when the mind has ceased its endless chatter...."

If you have had a few moments without any movement of thought, then you know that the state of silence is worth more than all the lofty experiences that souls accumulate during their journey through the world. When you return to the realms of time and space, nothing is the same. You are forever changed.

In a state of true silence, every moment is brand new. It is as if you are seeing everything for the first time, all the time.

This is the state of which Krishnamurti writes, “Truth is a pathless land.” If you are on a path, then by definition, you are locked in time and space, looking forward to some attainment in the future. Yet, you can choose to simply be with that experience, since it is part of what is. Consciously deciding to get off the path is not the answer, because you are still on a path, in this case the path of renunciation. Ultimately, renunciation works if it is taken all the way to its extreme, because to renounce means to deny, in the true sense of the word, and if you deny everything, then the only thing that remains is absolute truth, which can never be denied. (Here, we are not using the conventional definition of denial, which means refusing to look at the truth. Instead, we are emptying out our consciousness of everything until there is nothing left except that which exists below and beyond all perception.)

Becoming Totally Empty — Entering Into Nothingness

Some spiritual teachers talk about merging with everything, and that is one path to enlightenment, or should we say, attribute of enlightenment. Another is what could be called the opposite path, which essentially involves the ending of the ego, or death of the little self. In this state, there is total emptiness, nothing. There is no longer any concept of God, or even Creation. There is simply the void, beyond all manifested form and substance. There are really no words to describe this space, but it has tremendous significance to those who have entered into it. About all we can do is describe some of the states of consciousness experienced when souls emerge from this state of non-being.

The Unknown

One of the keys to enlightenment is a willingness to face the unknown. The ego always retreats into the comfortable familiarity of the known, but becoming attached to it is, ultimately, a slow death. While real death is an ending of the known, the fear of death stems from attachment to the known.

Humanity is in a great crisis because of its attachment to the known. Einstein said that our problems cannot be solved at the level where they were created. This means we must be willing to venture forth into the unknown and let go of attachment to our mountains of knowledge. Accumulated memories, while useful at times, are a trap to the soul on a path of enlightenment.

When one is willing to say, “I do not know,” then there is humility and a willingness to try a new approach.

The real reason the ego fears the unknown is that it fears its own demise and it thinks if it does not have something tangible to hang on to, it will cease to exist. Perhaps that is true, from one perspective, but it is also possible to bring the ego into alignment with the soul. This requires faith, something the ego is not comfortable with.

With self-awareness, we can notice all the subtle and not so subtle ways the ego tries to go back to the familiar. Yet we are committed to going beyond the neat little box we have built for ourselves.

Most souls, when they talk about living outside the box, do not realize that they are still living in a box. Perhaps it is a larger and more colorful box than most of humanity is living in, but it still has boundaries.

Spirituality is typically a bigger box. Instead of believing in material things, now we believe in things of a larger nature. Yet belief itself is a box, so we have traded a very narrow, crowded, colorless box (the quest for materiality) for a more elaborate and expansive one (our belief in

God, or a spiritual universe). We are still trapped, because we have now made God in our own image. We have convinced ourselves that this is real and we think we have arrived at some lofty place, but we are fooling ourselves. God is not limited. If we have a static, fixed image of what God is, we are trapped in a bigger box of our own making.

To get completely outside the box, outside of all boxes, we must let go of all concepts of God. This is akin to letting go of the desire for enlightenment. Until we are in a state of enlightenment, we really do not know what it is. We have ideas about it, we have read countless books about it, we have sat at the feet of gurus and have been told about it, but that is not it. As one Zen master said, "Enlightenment is not what you think." Therefore, we must go beyond the mind in order for enlightenment to dawn on us.

Bliss and Ecstasy

Souls who go beyond the mind and enter into timelessness, desirelessness and silence often feel ecstatic as they return to the world. Bliss and ecstasy are natural states that occur when one is free of the negativity of the ego. In a technical sense, they occur when one has total acceptance of everything. Interestingly, this is the opposite of the total denial mentioned earlier. Acceptance and denial are opposite paths up the mountain, but they both lead to enlightenment (or to the pathless land spoken of by Krishnamurti). Herein lies the paradox. In order to be in a blissful and ecstatic state, you must accept non-enlightenment as well as enlightenment.

In the Sufi tradition, sorrow and grief are celebrated as much as joy and success. If you are willing to accept all emotions, then it is possible to feel ecstatic joy even in the midst of sorrow and grief. While this paradox is lost on those who are attached to the ego, it makes perfect sense to those who have accepted "what is" totally and completely. If there is acceptance for everything, including negativity, then there is no resistance. When there is no resistance, there is no pain or attachment. When there is no pain or attachment, there is boundless energy, bliss and ecstasy.

The Unknowable

Beyond the mind is the realm of the unknowable. It is unknowable because we cannot know it, but we can experience it. The mind must remain silent in the face of the unknowable because there is no way to comprehend or contain it. It has no borders, no boundaries. There is no box. We cannot go running for the safety of our ideas and concepts. They are no more. We are in uncharted territory and our compasses and maps are useless here. Even attempting to talk about it in this book is an exercise in futility. Yet by talking about it, we trigger something deep within the soul, something brand new every moment, something that cannot be defined, ever.

Ecstasy and bliss do not happen in the unknowable; they happen when we return from our journey and enter back into the world. The unknowable is the void, but something happens in the void, something we cannot explain, and when we return, it is entirely possible to be filled with God's Limitless Love and Compassion. We return to the world gladly because we are free of it, even as we notice a body/mind/personality that is part of it. That little self has a name, title, occupation, family, etc., which are of little consequence, yet we celebrate all of it because it is part of what is.

Once we have ventured into the realms of enlightenment, we have a choice. We can either stay there, forever blissed out, sitting in a cave somewhere high in the mountains, or we can bring some of that state back into the world with us and teach others. We cannot teach them how

to reach enlightenment, but we can share with them the energy of our experience and give them tools and techniques that can help them on their way. *A Course In Miracles* says “The last step is taken by God.” That means we can instruct souls on how to create the proper environment for enlightenment to take place, but God has the final say.

That is the purpose of this book — to lead souls to the place where God within can take the final step.

The environment for enlightenment begins with soul integration. Once all the parts of the self are in alignment, it is like unlocking a combination padlock with many chambers. Only when all of the chambers are lined up can the shackle be pulled and the lock opened.

Most of you who are reading this are here on Earth to learn about enlightenment and to help others find it. Your purpose is simply to lead other souls as far as they can be led toward enlightenment. This means being in the world, at least for a while. In the next chapter, we will take a look at how to bring enlightenment into the world. Before we go there, let us look at a couple more popular topics.

Enlightenment and Spiritual/Psychic Powers

A few questions inevitably arise when we work with human beings, including the nature of miracles, spontaneous healing and advanced psychic and intuitive powers, so we would like to take a brief look at these abilities.

As you are probably aware, a soul does not need to reach a state of enlightenment in order to function psychically or intuitively, and in fact, there are miracle workers who have only a rudimentary level of awareness (compared to the yogis, rishis and sages who have spent their whole lives in meditation and service).

Conversely, souls who are enlightened may or may not consciously function psychically and intuitively. In some ways, having these powers amounts to winning the consolation prize. In other words, such abilities become insignificant or irrelevant when one is enlightened.

Nevertheless, let us take a look at the so-called “powers” of psychic and intuitive ability.

It is possible to train the mind (and body) to perform miracles, but unless these acts are imbued with unconditional love and higher consciousness, the healings are rarely permanent and complete. Sometimes it is appropriate for a soul to learn about spiritual and psychic powers early on in their soul evolution. It is like the dangling carrot analogy spoken of in psychology. The soul may give the human ego/personality a satori experience involving the use of “higher powers,” in the hopes that this will spark the motivation necessary to commit to a life of service and spiritual growth.

Many souls, who have been on the spiritual path for a long time, find it difficult to develop their psychic and intuitive powers. This is not because they lack the ability to perform miracles, do healings, communicate telepathically, or such. It is most likely because each soul’s path is different and one being’s Higher Self might determine that focusing on psychic and spiritual powers could be a distraction from what it deems to be more important focal points in the learning process.

Once a soul has progressed to a high level of integration, psychic and spiritual powers are a natural byproduct of such a level of awareness. You do not need to seek them out; they come to you.

Those who have highly developed advanced powers and abilities almost universally report that they feel a Oneness with the person, place or thing involved in the miracle healings or

telepathic communication. For example, if they have learned the advanced art of psychokinesis (moving objects with the mind), they will feel a resonance or kinship with the objects and become One with them. This consciousness link can be formed between people, places and things throughout the universe. Demonstrating these advanced abilities consistently means you have truly moved into a state of Oneness with all.

For those who are seriously moving along a spiritual path, it is not necessary to worry about using your powers and abilities for the good of humanity. This just naturally occurs without much thought. If you are concerned about whether or not you will use these gifts for the good of all, then you need to work through your own self-doubts and fears. Perhaps your core negative fear is that you will fall back into darkness and lose all that you have gained in your path of soul liberation. In this case, you may need to work through such a fear before you are ready to consistently use your psychic and spiritual powers.

If you meet a teacher who demonstrates advanced abilities and offers to teach them to you, go within and ask your Higher Self if this is the best use of your time and energy. Know that these abilities are already within you, but they might be lying dormant, waiting for the right trigger. When the trigger occurs, synapses fire in the brain, connecting the tensor and cortical regions in such a way that the gifts are restored.

Do not compare yourself to others who seem to have greater powers and abilities. This is not a measure of a soul's level of evolution. Concern yourself with healing your own fears and belief in littleness. Engage the powers of self-awareness. This is a far more potent power than influencing people psychically.

Next, let us look at the relationship between enlightenment and ascension.

Enlightenment and Ascension

We have heard the question, "If yogis and gurus are so enlightened, then why do their bodies still grow old and die?" The answer to this question depends on the level of focus of the enlightened soul. If the teacher's purpose is to help souls transform their emotions and mind, then it is of little importance what they do with the body. They may have long ago completed their Earthly lessons and are simply staying around for a while to make sure their teachings are assimilated by souls with a deep commitment to spiritual growth.

If, on the other hand, the primary teaching is about how to respect the holy temple called the physical body, then they might demonstrate some superior powers of anti-aging, or longevity. Up until the shift, it was extraordinarily difficult for most souls, even yogis and gurus, to maintain their physical body for hundreds or thousands of years. This is because the vibration of Earth had dropped so low that within a short time, they would begin to take on the negativity of the masses.

Now that Earth is ascending in vibration, it will become easier for souls to demonstrate the immortality available to the physical body. In the next 30 to 40 years, a large number of souls will go through physical ascension. This is detailed in our previous writings.

Let's get back to our initial question, "What is the relationship between enlightenment and ascension?" We would say that if the soul is truly integrated, there will be both physical and spiritual enlightenment, and a resurrection of the human body into the crystal light form. Many teachers that leave the Earthly body behind, do not have enough soul fragments integrated into the parent part of the self in order to immortalize the physical body. If they have just come to Earth for a short time in order to bring a particular form of teaching, the parent part of the soul may remain safely in the higher realms and could call the primary fragment residing in a human

body back to reunite with his or her soul family, thereby dropping the body.

As more and more souls bring their parent parts down into physicality through integrating their human aspects, the dividing line between the material and spiritual realms will dissolve, allowing souls to experience true Heaven on Earth.

In the meantime, we recommend that you continue healing and evolving your six lower bodies and integrating your soul fragments. We, the Higher Self of Sal and the Founders, will be your guides in this process. Call on us for assistance. We are grateful to help.

The final chapter of this book takes a look at some of the ways to be in the world, while living in a state of soul integration.

Chapter 6

Soul Integration in the World

How to be In the World but not Of the World

Up until recently, enlightened beings with fully integrated souls did not stay in the world any more than absolutely necessary. This is because the spiritual life was considered separate from the worldly life in most cultures, and the prevailing cultural belief was that it was not possible to have both. You renounced the world in favor of being a minister, priest, rabbi, sage, mystic, rishi, guru, saint, seer, oracle, or some other practitioner of the Divine.

Most religious and spiritual people were not allowed to have a family, or at least it was not expected. The so-called experts of those cultures decided that it was not possible to lead a spiritual life and raise a family at the same time.

A lot of ancient cultures had rites of passage that essentially divided life into separate categories, depending on the time of life and level of demonstration of a soul's evolution. For example, a young man or woman would be a child, free to do the things that children typically do, such as run in nature, play games and such, for perhaps the first 12 years, then they would go to work to help the family, perhaps learning to hunt, farm or do carpentry until maybe age 20, and then they would raise a family and spend most of their focus on bringing up children. Both parents had tasks related to supporting the family, or if they had enough wealth, would hire others to do the work while they devoted time to the children.

At another point, perhaps when the parents are around age 35, the children would be off to work and start their own families (depending on their ages) and the parents would start their spiritual life. The men were often called the elders of the tribe and women the crones. Spiritual life would continue until the death of the physical body, at which time they would often become spirit guides to the tribe. There were advantages and disadvantages to this compartmentalized system. The advantages were that each task could be performed more efficiently and completely because there were no distractions. If you were raising a family, that was what you did. You did not try to go off on your spiritual path while your children were growing up. On the other hand, not all souls evolve at the same pace, so if you were expected to immediately shift when you reached age 20, it would be difficult for some souls. A few of the more enlightened tribes recognized the uniqueness of individuals and would make adjustments for "exceptional" children, or those who were having a lot of difficulties.

In today's world, the majority of cultures no longer respect these traditions. People are expected to work, raise a family and discover their spirituality all at the same time, which is extraordinarily difficult for most souls.

Many of the ascended masters and other highly evolved beings observing Earth are saying that true mastery includes the ability to be fully engaged in the world, while at the same time being able to practice the enlightened states of awareness described in the previous chapter.

How to be fully enlightened and still participate fully in the world has always been a deep question. Do you quit everything and sit on the mountaintop to meditate for the rest of your life, start an ashram, or build a church? Or do you blend into everyday life, giving wisdom to those who can recognize you behind the three-piece business suit, or overalls?

You do not need to wait until you are fully enlightened to find out the answer to that question. Use the advice given earlier. Ask yourself, moment by moment, “What would my Higher Self do in this situation?”

The channel and his beloved spirit guide, Leah, have developed ways to discover what they call the optimum path in life. This means that you ask for those experiences that promote the highest and best soul growth, happiness and well-being in every situation. The idea here is that there is one path that optimizes spiritual growth more than any other path.

You can specify the parameters of the optimum path: “This is the timeline that promotes the highest possible level of soul growth, happiness and well-being.” Then you zero in on what is really important. There may be some paths that promote very rapid soul growth, but they might not be enjoyable or good for your overall well-being. Many yoga practitioners have overtaxed their bodies, or even burned out their systems, by engaging in too many pranayamas, kriyas, or kundalini meditations. Meditating six hours per day might create rapid enlightenment, but at what price?

Adding the ideas of happiness and well-being into the expression of soul growth allows for gentleness to the body and creates an overall good feeling within the self.

It also factors the rest of humankind into the equation. Many yogis and practitioners of meditation have become so spaced out and detached that they are of little use to other souls.

You may discover that the optimum path is two hours a day of meditation, or an hour sitting and an hour walking in nature. You might notice that a balanced lifestyle promotes well-being more than a strict raw vegan lifestyle, and four hours per day of quiet time and six hours per day devoted to selfless service or humanitarian work is your optimum allocation.

Although the channel does not meditate for several hours per day, he does enjoy multiple walks in nature when weather permits. Also, he chooses to put a limit on how many clients he sees in one day, while at the same time being flexible, especially when traveling.

Keeping in mind the uniqueness of each soul on Earth, it is important not to impose your values too heavily on others. The Messiah complex is alive and well on planet Earth. There are some subtle and not-so-subtle examples in the world of therapy and healing. While a raw vegan diet, for example, has many health benefits, not all souls are ready for it or do best on it. This channel’s research has led him to conclude that a diet of half-raw and half-cooked organic foods may work better for many people. Therefore, when people are preaching about the benefits of a particular lifestyle, keep in mind that what works for them does not necessarily work for you.

You might find, as you adjust your lifestyle to maximize your soul growth, happiness and well-being, that you are more flexible in some areas than others. For example, this channel has some strict boundaries with diet that he never crosses, while at other times he will adjust and relax his rules a bit. “When in Rome, do as the Romans do,” does have some merit, especially when it promotes good will and trust among people.

Using the example of food, this channel does not consume red meat, dairy products or gluten, as a general rule. However, at times, while traveling in foreign countries, he will bend a little on the gluten, and even eat something that has a little bit of dairy cooked into it once in a while, but he is strict about the red meat (for reasons we will not go into here).

One of the biggest concerns we run into with human souls involves taking on the negativity of the world. This is why, in times past, enlightened souls would sit high in the mountains, away from people, to meditate. However, their ability to help the planet was greatly minimized by these activities, so again we are talking about balance here.

Being in the world but not of the world means engaging the world and reaching out to those

you can help, while at the same time retreating often and taking care of yourself when you start to take on negativity. It means you do not identify with the things of this world, but you respect those who are caught in illusions. You learn to recognize the addictive nature of modern life without lashing out at it and accusing the less enlightened souls of “poisoning the mind of youth,” or any other judgment. At the same time, you recognize that most people on Earth are asleep spiritually. In some cases, it is your job to help wake them up, while in other cases you must let them sleep.

You take your relationships with others on a case-by-case basis. One size does not fit all. While the problems on Earth may be universal, not every soul needs the same approach to solving them. For example, some souls are visual, while others are auditory, and still others kinesthetic, or feeling oriented. You might need to adjust your approach to helping based on the type of person you are dealing with.

Being in the world but not of the world means remaining detached from the drama and trauma of everyday life, without going into denial. This means not taking things too seriously, yet having love and compassion for those who are still caught. You have been there and done that. You have descended into darkness and have been caught in the illusions of the ego. You know what that feels like. Therefore, it is easy to have compassion for those who still believe the purpose of life is to amass financial wealth, collect “toys,” or have others approve of them.

You may be guided to be highly visible as a teacher, healer, counselor or humanitarian worker, or you may prefer to remain in the shadows and silently do what you can to help humanity. Whatever you do, remain vigilant to the subtle and devious ways that the ego can use to ensnare you back into identification with the world.

Enlightened Business Practices

In recent years on Earth, there have been a lot of businesses stressing the idea of “win-win.” While this might sound good in theory, putting it into practice is often a bit more difficult. We take, for example, the idea of multilevel, or network marketing. While there are various configurations of business models for these types of companies, the idea is that the more you help others through selling them beneficial products and services, the more you help yourself.

If the products are genuinely helpful and are sold at a reasonable cost, this might work well in some instances. However, a lot of these companies, in an effort to give everyone in the “downline” a percentage of the profits, end up retailing the products at a far higher price than comparable “generic” brands sold by companies who do not have a multi-tiered compensation program.

Also, beware of the ego in such companies. “I’m doing so much to help the people in my downline. I teach them marketing strategies and success motivation principles. I’m prospering and doing good in the world.” Perhaps. But are you really empowering people? Or is your motivation for helping driven by the lust for greater and greater income?

When investigating these business practices, use your own intuition. If a product or service feels right to you, you see tangible results when others use them, and the company seems to have honestly compassionate people at the top of the organization who live consciously, not in excess, then it might be worth your while to invest a lot of time and energy in such a business. We emphasize “a lot of time and energy,” because in almost every case, building a successful network or multilevel marketing business is hard work, or at least requires putting a lot of time and energy into constantly following up with people and helping them through their obstacles.

Regardless of the particular business configuration you are involved in, the first priority is helping humanity. Money is always a secondary priority. If there is any doubt as to whether you are more driven by service than by money, it's time to re-evaluate and possibly revise your business strategy.

There is nothing wrong with being prosperous. Leah, in her talk below, will go into the metaphysics of money and finance. For now, let us simply recommend that you go into meditation every day before and after your business dealings, and ask yourself honestly whether service to others is taking a higher priority than money and finance.

Before we turn to Leah, let us take a quick examination of currency and economic models. This is detailed in our previous writings.

In order to have an enlightened economy, there must be accountability and fairness in how wealth is distributed. This does not mean a welfare state is desirable, any more than a system with super-rich and super-poor. It means having checks and balances on things like the banking system, interest rates, currency exchange rates, and such. Until people are all enlightened enough to handle money in enlightened ways, you still need to set up a system that is difficult to abuse.

Eliminating fractional reserve banking and compound interest are good places to start. These systems create "reverse karma" in the common people, meaning that they are giving more than they are receiving energetically. Whether it is slaving all day to make a minimum amount of money, or paying two or three times the agreed value of something due to compound interest, these systems perpetuate making the rich richer and the poor poorer.

Another good policy is to either use a currency that has actual value to the society, or create certificates that represent something of real value, such as a money system backed by gold or silver. In most countries of the world, you have central banks that print money, or authorize the government to print money, as the case may be. They use fractional reserve banking to create money out of thin air. You want a system that is based on real value, such as precious metals or land as collateral.

We will not go into further detail on this subject here, because we have examined the financial systems of the world in depth in our previous writings. However, we do urge you to do some research and consider starting a new currency system if you are part of an intentional community.

Once again, it has been our pleasure speaking with you. We are the Higher Self of Sal, working with the Founders.

Now it is our extreme pleasure to once again introduce Sal's twin flame, Leah, giving her unique blend of humor and insight to the subject of prosperity.

Leah on Prosperity

Greetings, beloveds, this is Leah. It is a pleasure to speak with you once again. The channel has asked me to talk about the subject of prosperity, which is one of my favorites. Although I have never embodied on Earth, I and my group of assistants from the Galactic Confederation have been studying your economic and financial systems for quite some time. What a mess! It seems the so-called "powers that be" have done quite a lot to suppress your creative endeavors. Nevertheless, they have underestimated you.

As this channel has stated over and over, you are powerful, creative, spiritual beings. Many of you have wondered how this can be when you have seemed to struggle with the subject of money and finances. Perhaps you need a fresh education on how to play the money game.

Let's start with a simple statement of truth regarding the purpose of the money game and how to play it. Are you ready? Good. Because this is the whole story in one paragraph. Here's how to win the money game:

You set up your life in such a way that you are doing what you love to do, and your income is consistently meeting or exceeding your expenses (after taxes).

That's it. We suggest you repeat the above paragraph over and over until you fully understand. Of course, this does not mean it is easy. The first part seems to trip up a lot of you. Doing what you love to do might not, at first, seem to be supported by the economic systems on Earth. However, this is a matter of motivation. If you love what you are doing and it turns out to be hard work to manifest it in the world (which it usually is), you will be willing to put the necessary time and energy into it because it is what you love to do. It will not seem like hard work to you (although to others, it might not only seem to be hard work, but they might think you are crazy to even attempt it).

The second part of the formula is pure mathematics. That is, unless you make it more difficult than it actually is, by tying your self-worth into how much money you make or have. There are two approaches to this second part: Increase your income, decrease your expenses, or both. It's really that simple. While you are planning ways of increasing your income, you might be prompted to downsize, or simplify your existing life structure. That could mean an exercise in letting go of your attachment to things.

Oh, and one more item. Let's review the purpose of money. Ready? Here it is: The purpose of money is to make the trading of goods and services easier and more convenient. Again, that's all there is to it. Money exists so that if you have a bag of oranges and get tired of eating them, you will not need to take them in a wheelbarrow to the marketplace to exchange them for apples.

Money is especially convenient if apples and oranges do not get ripe at the same time (which they don't). Instead of keeping your uneaten apples until oranges get ripe (in which case the apples might rot), you can sell them and use the currency a couple of months later to buy oranges.

You might be saying, "Leah, this is obvious. Why are you going over the basics?"

It might be basic, but a great many of you seem to be struggling with these issues. Some of you had parents who were brought up during the depression era. Others have the belief that there is never enough, handed down over many lifetimes.

You have been given the key to dissolving these beliefs within this book and we suggest you make daily efforts to practice the techniques and processes herein.

You live in a universe of infinite abundance. You are naturally wealthy, unless you believe otherwise. This channel is wealthy, even though he does not have a lot of money, as viewed from the vantage point of the super-rich.

Some souls have heaps of money stashed in the bank, but they are poor. They come from the belief that there is never enough, even though their bank accounts say otherwise.

Many souls on Earth literally have billions of dollars (or Euros, etc.), but they feel they must have more and more and more. It is this mentality that is destroying the natural world, as resources get exploited in order to make more money.

As stated many times, it is the nature of the ego to never be satisfied. You, dear ones, are the harbingers of a new enlightened economic system, one in which money serves humankind and not the other way around. So then, why do you give a medium of exchange so much power?

There's nothing wrong with having money if you use it for the betterment of yourself and

humankind. This channel likes having the ability to travel whenever he wants, to wherever he wants. That does not mean he spends money frivolously (he does not). He makes sure the basics are covered, such as having enough money to publish his books, etc.

As for increasing your income, you must come up with a plan and use the manifesting techniques described in this book (and elsewhere) to assist you in fulfilling that plan. As for decreasing expenses, most of you could stand to do that without losing anything of real value. Simplify. Get rid of what you do not really need. Be grateful for the little things.

Some of you are teachers, healers and counselors who seem to be having trouble getting paid for your services. Or perhaps you feel it is not spiritual to ask for money in exchange for doing this work. Since money is a medium of exchange on the planet, it can be used to exchange things of infinite value. All souls who are in embodiment can use money wisely to help themselves create what they truly want. The more souls there are doing what they love to do, the happier and lighter the world will be. It is not money that is at the root of all evil, it is the attachment to money (or attachment to anything for that matter).

Let us spend a little more time on the subject of healers, counselors and teachers who are having trouble receiving what they are worth. Of course, from an ultimate standpoint, none of you are able to receive what you are worth, because you have infinite value. However, knowing that your self-worth is greater than any amount of money is a good first step in realizing prosperity. Be willing to ask and receive. If someone has a lot of money, but poor health, and comes to you for a healing, and they receive great results, they might be very happy paying you handsomely for what they have received. Are you willing to receive handsomely?

Imagine, right now, that someone is paying you a lot of money for your healing services. How do you feel inside? Are you grateful for the gift, or does something feel uncomfortable within your body? Be honest. Maybe your parents worked hard every day, at minimum wage, to take care of you, and you feel guilty receiving hundreds of dollars for a few hours of doing what you enjoy. If so, do the necessary work to heal, release and integrate the feelings.

Many of you consider “marketing” to be a dirty word. Although your product or service may attract a few souls who are able to intuitively tune into you and seek you out, more than likely, you will need to let people know that your products and services are available. That means developing websites, newsletters, blogs, videos, brochures, business cards, and many other tools for announcing your services to the world.

You might choose to accept being interviewed by radio and television stations, knowing that some of them might reach only a few people. Yet, everything you do builds momentum. Consistently putting the word out and reinforcing your efforts gets people’s attention.

We encourage you to find someone who is already successful in an area similar to what you are doing, and find out how they are going about it. Some successful healers and teachers are happy to give away their secrets, and may even teach a course in how to do what they are doing.

Remember, the enlightened economic system you want to create is not based on competition, lack and scarcity. If you are in the helping professions, there are more than enough clients to go around. Supporting other healers and teachers, as well as yourself, can strengthen the positive resonant field between you and other healers and teachers. This can contribute greatly to planetary well-being.

If you are coming from a position that there is enough for everyone, you will attract kind, loving and generous people to you that are willing to pay you well for your services.

Money cannot bring you happiness, but it can assist you in fulfilling your purpose and mission on Earth, which will bring you happiness. Those who criticize this channel and others

for accepting money in exchange for spiritual work do not understand the need for a balance between giving and receiving. This channel gives away about 10% of his work as a tithe. In addition, he accepts barter and trade if there is something of value that can be exchanged that benefits both him and his clients. He does not turn anyone away who is sincere about growing spiritually but does not have money to pay for his services.

Let us summarize the above, by stating it in a slightly different way. We know that some of you have had lifetimes of taking vows of poverty, or believing poverty is a virtue. The only thing poverty does is keep the honest, compassionate people who believe this, relatively powerless to bring about positive change in the world.

You are infinitely valuable. Therefore, there is no amount of money that is too much to give to you. If someone with a lot of money feels it is right to give you millions of dollars just for being who you are, then by all means, have the level of self-esteem necessary to accept the gift.

If someone offers to pay you, accept it gratefully. You can expect that there will be people that are very happy to give you money for doing what you love to do. You are worth it. Learn to receive. Some of you are such great givers, now it is time to open your hearts, minds and wallets for your prosperity to come in.

This channel has one of his famous expressions: “Your ship is waiting to come in, but you are blocking the harbor.” Tell the ego to be quiet and still, and then go back to knowing that you are powerful and creative beyond measure. The kingdom of Heaven is yours, now, and that includes financial prosperity.

We, Leah and the Galactic Confederation, are here to assist you in transcending poverty consciousness. It is an illusion. There is more than enough in the world and the universe, no matter what the economy seems to be doing. Many people prospered even in the depression.

Of course, you might need to stay focused on spiritual principles more completely than you are currently doing. But that is a good thing to do anyway. If you seem to be experiencing lack, give thanks that you have something to work on. Be grateful that you are uncovering the reasons why you seem to struggle with money. Know that you are making deep, fundamental changes in your being to attract more.

As the vibration of Earth increases, it will become easier and easier to create what you truly desire. Keep your intention strong and focused. Know that you are already creating what you truly desire.

This is Leah, always with you. Many blessings, dear ones.

More on Enlightened Communities

Greetings again, dear creators. We are the Higher Self of this channel, along with his various spirit guides.

We have gone into depth in our previous writings regarding intentional spiritual communities. We also visited this topic briefly in Chapter 2 of this book.

Our emphasis in past discussions was on how communities are organized and run. Here, we will simply focus on what groups of human beings will likely do once they have achieved soul integration.

An integrated soul has an ego, but its role is merely to serve the Higher Self in whatever ways the Higher Self needs in order to accomplish the soul’s mission and purpose on Earth.

The ego is important because it sets boundaries and defines space so that the physical body can live in relative peace and harmony. This is its proper role.

Within community, the ego's function is to help balance the needs of the individual with the needs of the group. This means it is important to express personal needs and desires, while knowing that they might not all be met on the ego's terms. Flexibility is the key to being able to function in an enlightened community. Every member of the community is unique and has specific needs. An integrated soul naturally comes from a state of inner and outer abundance and, therefore, has a lot to offer to others. However, love and compassion have nothing to do with a sense of obligation. You voluntarily choose to assist others in a variety of ways, and this cooperation arises naturally out of Divine Order.

Whether your community is ten people or a hundred, a perfect balance can be achieved between the inner and outer needs of the group.

When souls are integrated, psychic and intuitive abilities are restored, which means you are open to messages from your Higher Self. Your Higher Self can see clairvoyantly those communities that are right for you (or not) and will guide you in the right direction. Thus, those that end up in community together will have been Divinely drawn to each other and will, therefore, be a balance of what is needed for a successful enlightened community. In such a case, you will have the perfect balance of skills, trades, communication styles, backgrounds, etc.

In addition to creating a strong, balanced community, highly aware souls create a resonant field around themselves that serves as a force field of Light, keeping negative energies from entering. Thus, as described in many teachings, souls with negative intent will not even perceive such a community since it is vibrating totally unlike the negative souls, and they will pass right by it without inflicting their negativity upon it.

This is the ultimate protection of the communities of Light. No military presence, or guards around the perimeter, is needed. As *A Course In Miracles* states, "In my defenselessness my safety lies." Aware that there is nothing to defend against, enlightened souls know they are infinitely powerful and creative, and together they emanate a Light that cannot be subdued.

Of course, there are very few totally enlightened souls on Earth at the present time, so communities that are formed over the next several years will have lots of imperfections. There will need to be interim measures to help those communities attain the vision described herein. That is one of the purposes of this book — to offer a pathway through the battlefield of fragmentation into a new Golden Age of integrated, enlightened souls.

A Vision of the New Golden Age

When December 21, 2012 dawned on Earth, a lot of souls thought that this would spell the end of darkness on the planet. They expected to be transported into another dimension, leaving the world of misery and suffering behind.

For a few, that did indeed occur, but the vast majority of humanity was not ready to enter the new Golden Age. There was still too much inner work to be done. While many were relieved that doomsday did not happen and major cataclysms were averted, they asked, "What now?"

The majority of humanity believes the new Golden Age is a fairy tale, a product of wishful thinking. Certainly, expecting this age of prosperity and plenty to simply drop into the lap of humanity is wishful thinking.

This book offers an alternative to the same old stuff (SOS). If several thousand souls buy this book and start practicing the methods, techniques and processes described herein, that will make a significant difference in how fast the new Golden Age truly dawns on Earth.

The author and his spirit guides are not so naïve as to assume that this book is all that is

needed. Certainly there are many wonderful teachers and teachings you can choose from. It is our hope that you will find the best ways to integrate your soul and reclaim your heritage as a co-creator with God.

A world of Gods will have no war, poverty, hunger, violence, prejudice, scarcity, lack, limitation, oppression, control, imbalances, etc.

It is up to each one of you to be the Light of the world, to be the ones you have been waiting for. We, this channel and his spirit guides, are here to guide and help where we can, but the majority of this is in your hands, dear readers.

May the new Golden Age dawn on Earth.

Conclusion

This book upholds the basic truth that in order to change the world outside, you must first change the world within. Some people do not like to hear this, even though they know it is true. Creating the type of world we really want is hard work. There must be a balance between discipline and diligent work on the self, and time for play, relaxation and recreation.

When we look at the various cultures and civilizations that have come and gone on this planet, we see extremes — workaholism, with its numerous side effects and maladies due to stress — and hedonism, the pursuit of pleasure and avoidance of pain, which leads to all manner of psychological imbalance.

The key to finding balance and integration lies in paying attention to the inherent intelligence within the six lower bodies. Ultimately, all levels of the self are connected. If you are having trouble connecting to one or more levels, something is out of balance. By investigating and exploring those levels, the innate wisdom of the self will be revealed. To do this, you must let go of judgment and accept the fact that you have been immersed in thousands of years of darkness. That darkness is ending now.

At first, it seems to give way slowly to a faint flickering of light, but as the sleep is rubbed from the eyes, there is the understanding that the Light has been there all along, shining with full power and intensity. It is you who have been sleeping deeply in your dream of despair.

The years ahead on planet Earth will be turbulent and difficult for almost everyone. The sooner we accept this, the quicker we can get to work to change it. We must change at a fundamental level in order to continue our presence on this Earth. We have what it takes. We signed up for this. We are now in the time of reckoning. Preparation is over.

We are being called to take our places on the command ship of life and respond to the challenge in front of us. This is not a drill.

There is a lot of help. All we need do is ask and receive. For some, this book is one of the answers, if you are open to receiving it. You might need to go back and review each chapter carefully in case you missed something the first time.

I encourage your feedback, comments and suggestions. You can reach me at sal.rachele@gmail.com, or write Sal Rachele, P.O. Box 39, Wentworth, NH 03282 USA. I am at your service. I congratulate you on your commitment to growth and healing.

Blessed be.

---Sal

Appendix A

Frequently Asked Questions

Greetings once again, beloveds, this is the Higher Self of Sal, in conjunction with his spirit guides. Below, we have answered a few questions that are often asked of us.

What happens to the souls of animals?

Animals have souls that are similar in many ways to human souls, except that they generally do not have as much variance from lifetime to lifetime. This means the soul will generally reincarnate into the same species and sub-species repeatedly hundreds, if not thousands, of times, before moving on to a new sub-species within the same species.

For example, a St. Bernard dog will likely keep reincarnating as a St. Bernard hundreds of times before possibly moving on to a different breed of dog.

There is some degree of soul evolution present in animals. The most highly evolved animals are the dolphin and whale. Generally, animal souls ascend out of the body at death and become discarnate entities until the next lifetime, in a manner similar to humans. A discarnate animal soul, or the parent part of such soul, is often called a “totem,” by native tribes.

Discarnate animal souls may become spirit guides to animals who are embodied, or may even guide humans, especially when called into service by shamans and medicine people. However, they generally do not reincarnate into human form after having been in animal form in previous lifetimes.

As with humans, a parent part of the animal soul remains behind in the higher realms to guide and assist the animal during its Earthly incarnation.

At some point in the animal’s evolution, it will spiritually ascend, meaning that it will no longer reincarnate, but will move into the higher realms after the death of the body.

There are animals present in the higher dimensions in sovereign form. In addition, there are various creatures in the upper etheric and lower celestial planes, including the Pegasus and dragon. These entities have evolved from earlier life forms and have reached a level of vibration where they can fly through the heavens. Nature spirits, devas, sprites, and faeries are sovereign beings who reside in the upper astral and lower etheric planes.

In the case of the dragon, there may be life forms resembling a serpent that have evolved from the Alpha Draconis star system and are now residing in the higher realms, assisting other souls, including the Light Dracos.

Once an animal or other life form has ascended spiritually, it is capable of assuming the forms inherent to the higher dimensions (or at least the dimensions where form is still a relevant concept). At some point, such animal souls will evolve beyond all form and enter into the God realms.

How can I integrate my soul and reach enlightenment when I can barely pay my bills and take care of my family?

There is a Zen saying that before you can teach a man enlightenment, you must feed him. If all he can think about is his stomach, then he will not have the attention and discipline necessary to reach a higher state of awareness.

Likewise, you must attend to the details of this world and take care of basic survival issues

before you can devote your time and attention to soul integration. In Chapter 6, Leah gave a discourse on money and prosperity. Basically, she said there are two ways to “make ends meet.” You increase your income or you lower your expenses.

The first thing to do if you are feeling financial pressure, or having a hard time supporting your family, is to sit down with your family members and seriously discuss the difference between needs and wants. Find out what is most important and then set your intention that you will manifest what is needed to acquire those things. This might mean simplifying your life and getting creative when it comes to basic creature comforts. That could mean joining a spiritual community, or living in a small, but efficient house.

Once you have set up your life in a manner that allows you some time for contemplation, then you can seriously begin your path to enlightenment. If you fall into the category of financial struggle, but you are reading this book, then obviously you know enough about the laws of the universe to effectively apply the laws of manifestation. Is it easy? Of course not. If it were, everyone would already be both prosperous and enlightened. You will need to have patience, diligence, and a willingness to put as much time and energy into your work and spiritual path as they need to flourish.

Even if you only have time for 15 minutes of meditation every day, that is a good place to start. If you have a demanding job and are working long hours, take short and frequent breaks to go and refresh yourself. During your breaks, invoke the golden, radiant, Loving Light of God to fill your being. Ask your Higher Self to help you find employment that pays better and is less demanding. Know that you are infinitely valuable and that it is okay to receive a lot of money for your services. Visualize people happily paying you for your time and wisdom.

Now, more than ever, your Light is needed. Do not wait until you are financially independent, or your family is grown up, before starting on a conscious spiritual path. Now is the time to connect with your Higher Self and to allow your innate wisdom to blossom and flower.

Why are there so many conflicting versions of what is happening, or about to happen, in channeled material?

Channeled material is only as good as the entities practicing it. That means the spirit guides and the channel. If the guides are not of the Light, or have a lot of unresolved issues with Earth, then no matter how clear a channel you are, you will not receive good information. There is an expression about putting old wine in new skins. It is still old wine, no matter how fancy the package. There are a lot of spirits who can send the right words through their channels, but what is the quality of their energy? How do you feel when you are around them?

On the other hand, you can have highly intelligent and loving spirit guides, but if the channel has not done his or her homework, not very much of the love and wisdom is going to get through. If there is unresolved fear in the channel, a loving message might get distorted. For example, if the Founders were to say that three-fourths of humanity is not ready to evolve into higher dimensions, and that those souls will likely choose a way of exiting the Earth and going to a planet that is more suited to their level of evolution, this can be taken in a positive or negative light. On the positive side, it is an example of how God gives souls what they truly need. On the negative side, you could go into fear at the thought of billions of souls dying in the years to come. Images of dead bodies stacked up in the streets, plague running rampant, and wailing mothers who have lost their children, can be overwhelming. While some of these things might actually happen, it is your responsibility not to buy into the fear and mistakenly think that God is punishing humanity, or that you must tremble and shake in anticipation of this horrible cleansing.

With all channeled material, use discernment. Do not let the wide variety of messages

discourage you from tuning in to your own spirit guides and Higher Self. Know that on free will planets, such as Earth, no psychic or seer can ever be 100% accurate. Give thanks that many of the negative prophecies have not come to pass. Know that it is up to each one of us to ensure that the positive prophecies do come true. That is the purpose of this book — to ensure that the prediction of a new Golden Age comes to pass.

How do we help our children integrate their souls?

By integrating yours. By being an example of a new way of living that does not depend on the worshiping of material things, or giving in to the incessant demand for more and better gadgets.

You need to teach your children the value of person to person communication, expressing feelings, sharing ideas, and living a quality life that is in harmony with nature. Take walks in the park or forest with your children. Introduce them to animals and plants. Tell them about your dreams and visions.

Young children learn by watching you. Do your best to be the kind of person you want them to grow up to be. Sign them up for yoga or dance. Involve them in the arts and music. Refuse to be a part of the drug-induced program to turn them into mindless robots (consumers).

Most of the behavioral problems kids have today occur because parents, teachers, administrators, clergy, and family members do not take the time to truly be with the children. We live in a fast-paced, demanding society, which does not leave much time for helping children discover their Higher Self, true mission and purpose. Teachers are told what to teach and how to teach it. Video games and computers become babysitters when the parents are too tired or busy to properly raise their children. Popping a pill becomes the answer to correcting behavior, instead of finding out the root cause of the disturbance and seeking to correct it at its source.

Give your children healthy, living foods. Have at least one raw vegan meal per day. Make sure meats are organic, from humanely raised animals. Eliminate all sugars, preservatives and dangerous chemicals. Children who grow up with natural, whole foods, will prefer them as adults.

Consider home schooling, if it is legal in your state or province. If you have the money to send them to a private school, this is usually better than public schools. Go to parent-teacher meetings. Become involved in your kid's school work. Enroll them in after-school programs. Set firm boundaries for them as they are growing up, but be realistic and not dictatorial. There is a balance between authoritarian and permissive approaches. Find that balance. Attend classes in parenting. Seek therapy if you feel overwhelmed.

If you are thinking of starting a family, make sure this is truly what you want to do. Listen to your inner guidance. Know that you will never be a perfect parent. You will make mistakes. That is part of parenting on planet Earth. But learn from your mistakes. Go easy on yourself. Love yourself and your children unconditionally.

How do we help others who refuse to wake up?

This channel's spirit guides have been asking this question for a long time. They give excellent advice, and it would be great if people actually took the time to follow that advice. You can lead a horse to water, but you can't make him drink. All you can do is be an example of a better way of living and hope that some of those who are asleep will start to stir when they observe how happy and fulfilled you are.

Sometimes, you cannot intervene or influence what is happening. That is when you must let go and simply know that it is not your job to help them. Bless them and send them on their way.

Do what you can to bring Light to this world. Being One with your powerful, creative Self is

always the answer. Keep shining your Light into the darkest places in the world, even if it appears fruitless. Never blame yourself if things do not go the way you think they should. The world has been in darkness for thousands of years, and it is going to take a little while to turn things around. Be patient. Keep holding your visions of a peaceful planet. That peace may be closer than it appears.

Can you talk about the Reptilians and dark extraterrestrials who want to take over the world?

This is covered in detail in this author's previous books, so we will not spend much time on the subject here. Suffice to say that if you have integrated your soul and are vibrating at a high level (above 4.50 on the channel's density scale), you do not need to worry about these negative groups. The Law of Attraction will act to keep them away from you if you have nothing within your consciousness to draw them in.

Send them love and compassion, but do not engage their energy. See them for what they are — souls who have lost their way and do not know how to get back to the Light. Go into your vast, creative, spiritual Self and send them Light. Pray for them. Then remind yourself that they cannot harm you in any way, unless you believe they can.

Do not give any energy to fear, or the idea that things are out of control. (Perhaps in some cases it is a good thing to be out of control, since needing to always be in control is one of the ways you get trapped in a box of your own making.) Nobody outside yourself can entrap you unless you have already entrapped your own being. About all any outside agency can do is threaten your physical body in some way. Learn to be clear and calm even if your body is under siege. There are inmates in prisons that are inwardly free, even if their bodies are not. And there are many people with outer independence (ability to travel and live wherever they like) that are not free. The greatest enemy is your own fear. Learn to master it and the dark forces will never bother you again.

Know also that the universe is 80% benevolent and 20% malevolent. This means there are many loving and compassionate beings in the higher realms keeping Earth from falling totally into the hands of the dark forces. Remember to invoke the presence of the benevolent beings often if you feel unsafe in any way.

Our country seems headed for dictatorship. Even now, they are building concentration camps to house those of us who do not go along with their New World Order. How do we turn things around?

Just because you are not buying into the fear associated with the dark forces' attempt to take over the world, does not mean you are to sit by and idly watch the shenanigans. You might be guided to intervene in some way, express your opinions, or share your perceptions.

Again, listen to your Higher Self. If you are guided to participate in a political rally, march, protest, or such, then by all means, do so. Education is your greatest power when it comes to the world. Let people know what is going on. Expose the lies and deceit. Bring secret organizations into the Light of day.

This is the time of Apocalypse, which means all that is hidden is now being revealed. Intend to be a revealer. Share your truth openly and fearlessly. At the same time, use discretion. If you have fudged on your taxes, you do not want to brag about it to a tax agent.

The Muslims have a saying, "Trust Allah, but tether your camel." Know that you are protected and safe, but do not ignore the rules of protection and safety.

The fastest way to dissolve the dark New World Order is to simply refuse to give it any

energy. Better yet, send it Light and encourage others to do so. The dark energies are decreasing, even though it might appear otherwise. The dark souls are desperate to hang on to their illusion of power. Remove all belief in outer powers. They are not real. Behind every formidable army or organization are people living in fear. They need Love. They need the Light of compassion. Be the one to give it to them.

We hope you have enjoyed our answers to these frequently asked questions. Now, let us go into greater detail on what happened during the shift of December 21, 2012.

Appendix B

What Really Happened on December 21, 2012?

Greetings, dear lightworkers. This is the Higher Self of Sal. There are many souls who are a bit confused about what actually happened on December 21, 2012, and so we are responding to numerous requests for an explanation.

December 21, 2012 signaled the end of the Maya long-count calendar. There were numerous prophecies surrounding this date, some of which were fulfilled and others that did not materialize or realize themselves. The purpose of this discussion is to briefly describe what happened, as well as what did not happen, in the hopes that you will have a better understanding of the process of soul evolution and integration and how it applies to the world.

A significant number of the conditions and events predicted by this channel and his spirit guides did come to pass, while a few did not. This channel and his guides knew this would be the case, since Earth is a free will planet and human beings choose their experiences and responses to celestial events, to a large extent.

Below, we have detailed the things that did happen, as well as those that did not.

Things that actually happened:

- The portal opened and energy streamed forth into the planet from the higher realms. Higher frequencies flooded the planet and accelerated evolution in those who are able to receive the energies.
- The Earth's composite vibration reached and exceeded 4.00 on this channel's density scale index.
- There were fluctuations in the electromagnetic field of the Earth, and some minor disruptions of telecommunications and navigational equipment did occur in some areas.
- Both positive and negative emotions and thoughts were magnified to some extent.
- Various groups of souls came together in vortex and power places around the Earth to celebrate the beginning of the new era.
- Third density souls, completely caught up in the lower vibrations of ego, were not open to the higher frequencies and felt as though nothing had happened. This was predicted.
- The Galactic Shift, a larger pattern of accelerated evolution, continued unabated, as predicted by this channel and his spirit guides.
- The Earth's axis moved into position with the Central Sun of the galaxy, as predicted by many psychics.
- The sun rose as expected, at the usual time, on December 22, 2012, as predicted by most psychics and clairvoyants.

What did NOT happen as predicted by many psychics and clairvoyants:

- Although the portal opened, the Earth and humanity did not actually pass through it.
- The portal is still open, even though it was predicted to close after a three-day period (December 20-22).
- There were no "three days of darkness" as predicted by some psychics.

- People did not instantaneously and magically enter a higher dimension where all their human issues suddenly vaporized or dissolved.
- Although a sudden shift did occur at the quantum level, the outer layers of the self are continuing to go through a gradual process of healing and cleansing. The purification process is continuing.
- The poles did not reverse their polarity. There was a partial pole reversal, but it was much smaller than anticipated by many psychics.
- The “dark forces” did not disappear from the Earth, although life is continuing to become more and more challenging for them in general.

If you are one of the Lightworkers on Earth and have been on a spiritual path for some time, you may or may not have been aware of the above changes (and lack thereof). If it felt as though nothing happened, we encourage you not to despair. Soul integration and healing is not an instantaneous process on Earth. The shift of the ages is a catalyst for growth, not an endpoint. You will find that the Apocalypse is continuing. You will note that more and more negativity is coming to the surface of consciousness to be healed, forgiven and released. This is true on the world stage as well as on an individual level.

The governments, militaries and authorities of the world are on shaky ground. Those institutions that are based on lies and misconceptions are having their improprieties exposed, like the Emperor with no clothes. More and more souls are seeing through the smokescreen of propaganda and cultural programming. They are saying, “No!” to things that do not foster life and cooperation among humans and other species.

Although it might appear that things are becoming more negative, this is not true. The truth is that things have been predominantly negative on Earth for thousands of years and we are just now becoming more aware of this. It is all coming to the surface to be healed, forgiven and released.

The Earth changes are continuing. After the precessional alignment, there was a prediction that things would calm down a bit temporarily and then accelerate again as the Galactic Shift began approaching its midpoint. According to this channel’s guides, the Founders, the midpoint of the Galactic Shift is around 2025 AD. This larger shift will not be complete until around 2100 AD. This is detailed in the author’s second book, *Earth Changes and 2012*.

What can we expect over the next several years on Earth?

Due to the extreme imbalances created by humanity’s refusal to take responsibility for the planet and her resources, there will continue to be an acceleration of severe storms, earthquakes, volcanoes, floods, droughts, pestilence, etc. As stated repeatedly by this channel and his guides, this is not a punishment for humanity’s inappropriate behavior, but rather a natural cause-and-effect relationship based on the Law of Attraction.

Humanity has been predominantly negative in consciousness for a very long time, and now consequences are showing up more rapidly due to the rising frequencies. The delay time between a positive or negative act and its consequences is decreasing. In other words, be careful what you ask for. Not only will it come to pass, but it will manifest much more quickly than before.

There will be many more shifts in the years ahead. Comets and asteroids will pass close to the Earth, but none of any significant size are predicted to hit the Earth. There will be electromagnetic shifts on May 5, 2017 and again on January 30, 2030 due to celestial events. Each of these shifts will be an opportunity to accelerate your spiritual growth and embrace the higher truths that have always been and will always be.

It is up to each one of us to be the change we want to see in the world. No beings from on

high are going to take responsibility for us. They may help and guide us, and point out some things that we should know about, but it is our choice how to move forward.

It's time to roll up our sleeves and get to work, healing ourselves instead of just paying lip service to the path. This means making a solid commitment to grow and evolve in the highest and best way possible. It means a lot of self-examination and loving honesty with ourselves and others. We cannot hide our truth any longer. Our true motives and passions will be revealed, either gracefully or otherwise.

We must be gentle and loving with ourselves, yet firm and vigilant against negativity of any kind. As one author put it, "We cannot afford the luxury of a negative thought." We must hold ourselves accountable and hold others accountable as well. That means, at times, being confrontational, especially when we witness acts of violence or negativity toward the Earth and her people.

We must demand change of our elected leaders and those in positions of authority. Just as we work on ourselves daily to clear our negative emotions and core negative beliefs, we must expect the same of those who have been entrusted with leading us. That includes spiritual teachers, as well as politicians and financial leaders.

It's time to wake up and do whatever it takes to bring about the new Golden Age. We have been given a road map by our guides in the higher realms. Now it's our turn to shine. It's time to show the world that we are here, ready to collectively be the saviors of this beautiful planet.

This is the Higher Self of Sal. Blessing be to each one of you.

Appendix C

Soul Vibration Level Index

Many years ago a teacher named David Hawkins devised a “calibration scale” referring to the level of consciousness of human beings (and other souls throughout the universe).

A similar scale has been produced by this channel, with some important differences. The vibrational index used in this work refers to what is called the “composite consciousness” of individual souls.

Every soul has a composite level of vibration, along with an index number that represents the physical body, and an average between the physical body and consciousness.

The range of most souls on Earth, using this channel’s vibratory index, is between 3.00 and 6.00 in consciousness. A vibration of 3.00 means the soul has just begun to evolve into third density consciousness. A vibration of 6.00 means the soul is just moving into sixth density consciousness. The vast majority of souls on Earth are vibrating between 3.50 and 4.50.

Typically, the vibration of consciousness is higher than the vibration of the physical form, because the form moves more slowly and tends to lag behind the evolution of consciousness. For example, a soul might have a composite index of 4.35 and a physical vibration of 3.65.

The purpose of the vibrational index is to get a general idea of where you are in the evolutionary continuum. It is not designed to be used by the ego as some sort of “pecking order,” or device for comparing yourself to others. The only time it might be appropriate to evaluate your index in relation to another soul’s would be when determining the compatibility of two or more souls in relationship.

Generally speaking, if you and your partner are within 20 points, meaning 0.20 of each other in your indexes, there is a good potential for compatibility.

For example, let’s suppose your composite vibration is 4.27 and your partner’s is 4.33. This means you are within 20 points of each other and have an excellent opportunity to communicate clearly and share common interests. More importantly, it means you have cleared roughly the same amount of emotional and mental baggage (with a few variations, of course, depending on your programming and conditioning). In other words, you are at a similar place in your spiritual evolution. Below, we have given some reference points to help you determine your level of vibration. Keep in mind that this system is to be used with absolutely no judgment whatsoever. You are not bad or wrong if your vibration is below 4.50, and you are no better than anyone else if your vibration is above 5.00. It does mean, however, that your interests (where you place your energy and focus) will be different than those who are far above or below your level.

There are certain characteristics inherent within the levels, and this will help you determine where you are in the scheme of things.

The average vibration of humanity is about 3.55. The vibration of the Earth, at the time of this writing, was about 4.05. As the Earth is ascending, there is the possibility that some human souls will be “left behind,” making it harder for them to remain on the Earth. Once the Earth reaches 4.50 in vibration (the mid-range of fourth density), souls that are still vibrating around 3.50 will not have enough compatibility with the Earth to remain here.

It is anticipated by this channel and his spirit guides that a large number of human souls will exit the Earth over the next 20 to 30 years, due to the diverging vibrational levels between humans and the Earth herself. A significant percentage of humanity is accelerating in evolution

and will keep pace with the Earth as she ascends. It is this group of souls that will bring in the new Golden Age.

Here is a guide to the different vibratory levels:

Under 3.00 — By definition, human beings start at 3.00 and work their way up the scale from there. However, it is possible for a human soul to embed its consciousness into the plant and mineral kingdoms, which vibrate below 3.00. Generally, 3.00 to 4.00 is the range of the animal kingdom, and souls who are vibrating in that range are dominated by animal instincts, including procreation, competition, survival and other related tendencies.

Vibration of 3.00 to 3.50 — Souls in this range tend to be conformists, having a herd mentality, believing whatever they are told by so-called authorities. Their entire lives are centered around survival, procreation and competition for resources.

Vibration of 3.50 to 4.00 — Souls in this range have begun to see that they are more than just animals walking on two legs. While their lives are still dominated by competition and striving to make a place for themselves in the world, they may have somewhat refined intellects and be good at business and industry. Yet the competitive instincts will tend to keep them from moving solidly onto a spiritual path. They tend to be skeptical of material such as what is in this book, and frequently belong to fundamentalist religions. They often believe that the purpose of life is to amass physical wealth and leave a legacy for their future generations.

Vibration of 4.00 to 4.50 — Souls in this range are working on themselves and may be somewhat committed to personal and spiritual growth, but they find themselves still largely dominated by the ego and its incessant demands. They might find themselves in relationship with souls that are still in the 3.50 to 4.00 category, and feel trapped or stuck in a life that is becoming increasingly meaningless. By worldly standards, they may be quite successful in life, but will likely feel unsatisfied, longing for something more. They might be reading a great number of metaphysical and spiritual books, grasping the ideas and concepts, but have yet to have tangible, real, energetic experiences of their spiritual nature.

Vibration of 4.50 to 5.00 — Souls in this range are likely to be deeply committed to their personal and spiritual growth, attending workshops and seminars, going to psychics and counselors, and reading (or even writing) books on the subject. They have had some spiritual experiences, enough to keep them going when the world tries to close in on them. You will often find people in this level of vibration employed in humanitarian organizations, working for social charities, or engaged in psychology or therapy. They might be heavily involved in social causes, such as cleaning up the environment or feeding the hungry. Many brilliant scientists also fall into this category, as it represents the realm of the higher mind. As these souls approach 5.00, they become more heart-oriented and filled with love and compassion.

Vibration of 5.00 to 5.50 — Souls who have entered into the lower fifth density realm of consciousness are often the teachers, healers, and counselors who have reached a level of consistency in their work. They might be quite successful in both a worldly and inner sense, having found a degree of happiness and fulfillment in their life path. In almost every case, they will be contributing in some way to the enlightenment of humanity, whether through books, media, or social settings. Although they have had real, tangible spiritual experiences and are completely committed to their soul evolution, they still encounter challenges from their egos and the world. They are often deeply involved in clearing past life issues, karma, soul agreements and contracts, and are actively seeking to integrate the fragments of their souls. Their greatest challenges are usually in the area of intimate relationships, since they have entered a realm where there are not as many compatible partners. Many, therefore, will enter into human relationships

with souls who are in the 4.50 to 5.00 category, which makes enlightened communication difficult.

Vibration of 5.50 to 6.00 — Souls in this range include the true mystics and sages of our time, as well as many psychologists and therapists who have broken through the veils of darkness to the point that their dominant consciousness is on a higher plane. Up until about 5.50, the common perception is that we are human beings having a spiritual experience. Once souls reach 5.50 and above, the adage, “We are spirits living in human bodies,” takes over. Virtually everything about those in this range involves service to humankind. There will still be a sense of ego, but it is seen as a tiny aspect of a vast, creative, intelligent Beingness.

Vibrations above 6.00 — Less than 1/10th of one percent of humanity has a vibration in the sixth or higher densities. Although the consciousness can reach as high as 12.00, the human body can only vibrate up to 4.99 before it undergoes a radical shift in composition, becoming the fifth density crystal light body.

Due to the low density of the Earth, it has been difficult for souls to bring their physical bodies with them while going up the density scale. You have yogis, gurus, sages and avatars vibrating well above 6.00 in consciousness, while their bodies might be maintained at about 4.99 in vibration. In addition to the difficulty in raising the body above this point, another reason they maintain this level is because they need a human body in order to communicate with their students.

As the Earth continues to ascend, it will become much easier to maintain a physical body that has a vibration above 5.00. As stated in this channel’s earlier works, several million souls will be entering into physical ascension in the years to come.

At the present time on Earth, there are about 300 souls whose physical bodies are vibrating above 5.00. They have attained a state of immortality while being in a body, and their bodies are impervious to most, if not all, environmental factors.

For those who still have human bodies at 4.99 or below in vibration, we have given an approximate breakdown on the level of consciousness of these souls, as follows (early 2013 census):

Consciousness Level	Number of Humans on Earth
12.00	3
from 11.00 to 12.00	9
from 10.00 to 11.00	147
from 9.00 to 10.00	1534
from 8.00 to 9.00	17,134
from 7.00 to 8.00	35,808
from 6.50 to 7.00	116,345
from 6.00 to 6.50	1,230,656
from 5.50 to 6.00	15,830,014
from 5.00 to 5.50	93,667,442
from 4.50 to 5.00	624,167,057
from 4.00 to 4.50	1,210,550,010
from 3.50 to 4.00	3,227,978,117
from 3.00 to 3.50	2,010,424,110

Keep in mind that these numbers are approximations, since souls are continuously changing categories as they evolve.

How do you raise your vibrational index? Through practicing the methods and techniques given in this book and others, and by making a deep, inner commitment to your personal and spiritual growth. It is also important to spend time in the presence of those who are at or above your level of vibration, as much as possible.

This concludes our discussion on vibratory levels. We are the Higher Self of Sal. Good day.

Glossary

12-dimensional Self

The sum total of all the levels of the Self. Our fully actualized Self.

A Course in Miracles

A three-volume set of books purportedly from Jesus, channeled by Helen Shucman, and published by the Foundation for Inner Peace.

Absorption

An energy dynamics technique whereby you take on some of the energy of another soul or souls in order to heal or learn from the experience.

Acupressure

An etheric body healing technique that involves the meridians of the body. These are subtle energy vortexes that correspond to specific physical locations in the body.

addiction, psychological

A state of consciousness whereby a soul believes his happiness and well-being come from a substance or process.

affirmations

Statements of truth repeatedly spoken or written designed to reprogram the subconscious mind.

Akashic records

A set of records stored in the causal planes of the Universe, containing virtually all accounts of souls' experiences in the lower dimensions.

alchemy

The science of transmuting elements. In consciousness, the state of turning the ordinary into the extraordinary.

Allergy, allergies

A reaction to the environment, usually involving excessive production of histamines. Indication of an imbalance in the immune and endocrine systems of the body.

allopathic medicine

A widely accepted system of medicine that focuses on treating the symptoms, rather than the cause of disease. Useful in repairing broken bones, treating severe infections, etc.

Alpha Draconis

A constellation resembling a dragon, home of serpent-like beings commonly called "Reptilians." These serpent-like beings once roamed the Earth briefly, giving rise to some of the dragon mythology.

ancient pain

The emotional imprints resulting from Original Cause. The pain of descending and compressing into lower dimensions. The longing for a return to the Source.

Andromeda

Neighboring galaxy to the Milky Way. A portal exists between the two galaxies, enabling beings to travel between them with relative ease.

angels

Seventh density celestial beings, frequently acting as spirit guides to humans on Earth.

Apocalypse

A time on Earth (now), where all that has been hidden shall be revealed. The coming to the

surface of negativity to be healed, released and integrated. The time of purification and cleansing of the old self.

Archangel Michael

An eighth density ascended master, often invoked for protection. He is a member of the Order of Elohim.

archangels

Eighth density celestial beings assisting in the healing and ascension of Earth. Many are members of the Order of Elohim and Order of Metatron.

Arcturians

Benevolent beings assisting Earth during the shift. A group soul complex of Arcturians are in contact with this channel.

Arcturus

A star with several inhabited planets, ranging in density from five to nine.

ascended masters

Beings of Light who assist the Earth from the eighth dimension.

ascension

The process of raising your consciousness until you reach the fifth density crystal light body stage of evolution.

ascension symptoms

Changes in the body due to the acceleration of frequencies associated with the ascension process.

aspartame

An artificial sweetener linked to various illnesses/diseases. Often called “Nutrasweet.”

asthma

A bronchial condition often caused by irritation to environmental toxins. On a deeper level, it is usually caused by an inability of the soul and ego/personality/body to resolve differences.

astral plane

A dimension existing at a frequency above, near and below the physical, but not normally measurable by physical instruments.

astral implants

Areas of concentrated astral energy often embedded in the physical and/or astral body, usually placed there by positive or negative astral beings.

Atlantis

A large land mass that existed between the Caribbean and Mediterranean regions of the Atlantic up until about 25,000 years ago. A highly advanced technological civilization existed in that region.

aura

Electromagnetic energy surrounding the body, existing in the etheric plane.

avatar(s)

Highly evolved beings of Light usually with a consciousness above 9.00 on this channel’s vibrational density scale.

ayahuasca

A medicinal plant used by shamans to induce visions and various altered states.

Babaji

A ninth density avatar manifesting as a yogi from time to time and bringing through various teachings.

belief in separation

The primary core negative belief from which all subsequent core negative beliefs are derived. The result of the trauma experienced during the “fall from grace.”

breath of fire

A short, rapid breath practiced by various yogis. It purifies the blood and increases prana, or life force energy.

cancer

Cellular mutations arising from the suppression of life force energy, from such causes as repressed negative emotions, or toxins in the environment.

casting a spell

Consciously directing negative energy and/or thought forms toward a person or situation.

cataclysm

Sudden change that severely disrupts the “normal” flow of life.

catastrophe

Sudden or gradual change that results in a large loss of life and/or property.

causal body

The sixth level of being. A subtle body above and beyond the etheric body.

causal plane

The sixth dimension. The realm that contains the Akashic records.

celestial planes

A general term referring to the 7th through 9th dimensions, home of the angels, archangels and ascended masters.

cellular programming

Positive or negative life experience that alters the composition of the DNA of a human being or other life form. Beliefs embedded into the DNA.

chakras

Energy vortexes in the etheric body that correspond to various locations in the physical body.

channel, channeling, channeled

The energy and/or consciousness of a spirit being that comes through the energy field of a human being. The act of receiving energy and/or consciousness from a discarnate entity or sovereign being from another dimension and then transmitting a message therefrom.

children of God

A generic term that describes all life forms as emerging from the Godhead at some distant point in the past.

Chiropractic

A healing art involving adjustment of the spinal column.

chlorella

A salt or fresh water algae.

Christ

The consciousness of the enlightened Jesus. A level of consciousness involving love, compassion and the balance of male and female energies. 8th to 10th density.

Christic or Buddhic Self

The 10th level of being in this channel’s dimensional model.

clairvoyance

The ability to see with inner vision what is taking place in various dimensions and timelines.

climate change

A generic term describing abnormalities in the normal climatic model.

co-creative relationship

A relationship whereby both partners are focused on creating something together, rather than being focused on each other and the issues and karma inherent within the relationship.

codependency, codependent relationship

A relationship whereby two or more souls become enmeshed in each other's energy fields. A relationship whereby each soul becomes identified with the other, and believes his or her happiness is dependent on what the other person says or does.

colonics

A system of healing whereby effluvia and accumulated waste products are removed from the colon.

complementary relationship

A relationship whereby one person's strengths are the other person's weaknesses, and vice versa.

compression

A state of being whereby a free spirit being becomes densified into matter. The technical description of the "fall from grace."

conscious channeling

A technique whereby the energy of a spirit guide or guides comes through the channel, and the channel is aware of the process and of his or her own consciousness during the channeling.

consciousness

Intelligent energy that is aware of itself.

consensus governance

A form of government that combines consensus (all must agree) with ways to handle disagreement.

core negative beliefs

Negativity at the source of all subsequent thoughts. Thoughts arising out of the belief in separation that spawn additional negative thoughts and thought forms.

cosmic law

Principles of the universe, both physical and spiritual.

Creation (1)

The process of differentiating and directing energy into manifestation.

Creation (2)

The entire manifestation of the Godhead.

creator

Someone who creates like or unlike the Creator.

Creator

God. Godhead.

critical mass

A level of energy that triggers cataclysmic positive or negative change. The point at which a change in energy becomes irreversible.

critical thinking

Thought based on accumulating all the facts and perceptions about a given subject. Thought based on investigative research conducted without bias or preconceived notions.

crystal light body

The fifth density state of human beings. A silicon-based humanoid body that has immortality

and imperviousness to the environment.

cults

Organizations revolving around a dictatorial central leader who has a codependent relationship with his or her followers.

Damanhur

An intentional spiritual community in northern Italy that includes underground temples.

dark forces

A generic name for groups of souls whose purposes tend to be obstructive and counterproductive to soul growth, happiness and well-being of souls outside the group.

dark Illuminati

A group of souls whose teachings and lifestyle are based on ancient occult teachings, but which have become corrupted by lust for power and control over others.

David Hawkins

A scientist and spiritual teacher who devised a “calibration scale” to measure the consciousness of human beings. His books include “Power versus Force,” the “Eye of the I,” and many others.

death urge

A term used in rebirthing and other healing modalities that refers to the desire to escape from the bonds of physical existence on Earth.

December 21, 2012

A date when the precessional alignment reached its “midheaven” point, officially designated as the beginning point of the “Shift of the Ages.” Also the official dividing line between the Age of Pisces and the Age of Aquarius.

densities

Levels of vibration.

density scale

A system of 12 densities, or levels of vibration. A model system for categorizing vibratory levels of humans and other life forms. See Appendix C.

descent into darkness

Another name for the “fall from grace” or the densification of the soul into matter.

desirelessness

A state of consciousness whereby a soul is totally in the moment, feels whole and complete, and has no desires.

detachment

A state of being that involves having no identification with the material world, drama or linear time. The ability to view, without judgment or emotional involvement, what is taking place.

devas

Nature spirits residing in lower fifth density.

dimension

A plane or realm of existence.

discarnate entities

Beings who have left the physical realm, but have not reunited with their parent parts in the higher dimensions.

discernment

The ability to accurately perceive the highest and best course of action for maximum soul growth, happiness and well-being. The ability to determine the true nature of someone or

something.

Divine Dispensations

Cosmic laws or fiats enacted to assist humanity and other life forms.

Divine timing

Recognizing that everything ultimately happens when it should in order to teach souls what they need to learn.

DMT

A naturally occurring brain chemical that tends to cause visions and/or hallucinations when ingested in certain quantities.

DNA

The building blocks of life. Humans have 24 strands in 12 double helixes, although only two strands (one double helix) is visible. In most humans, eight strands (four double helixes) have been activated (meaning developed and utilized).

dominant timeline

The level of reality that is given the greatest amount of focus. The level of linear manifestation (Earthly reality).

Dracos

Beings from the Alpha Draconis star system.

drama of duality

The lower four densities. The manifestations of those identified with material form.

dysfunctional relationship

Any relationship based on identification with the ego, instead of spirit. Typically, any relationship with a lot of unresolved emotional issues that undermine the ability of the souls to communicate effectively.

ecstasy

A state of extreme happiness associated with various levels of enlightenment.

Ecstasy

MDMA, a psychoactive drug.

Edgar Cayce

Known as the “sleeping prophet” due to his ability to trance channel during the sleeping state.

ego

The aspect of self that identifies with the physical body, emotions and lower mind. The aspect that believes in separation.

ego/personality complex

The physical, emotional and mental aspects of self that view the soul as a separate entity from other souls and the universe.

emotional attachments

Having expectations or judgments, with an emotional investment in the outcome of a situation.

emotional body

The second level of being. The part that feels and experiences life.

energy fields

Areas of energy in and around the body or an object.

energy packets

Discrete units of energy often sent between souls, or from the higher dimensions into the higher mind of humans.

enlightened communication

Communication designed to uplift all parties involved, where souls take full responsibility for themselves and the outcome of the interaction.

enlightened relationships

Relationships whereby all persons involved take full responsibility for themselves and stay aware and present with each other.

enlightenment

To be filled with Light. To be self-aware, moment by moment. To be One with God. A timeless state of still mind. To be born again every moment.

Enoch

An ascended master. One of his Earthly lifetimes is chronicled in the Bible.

entity attachment

A human-discarnate entity relationship whereby the entity derives its well-being by taking the Light from the human.

entity possession

A human-discarnate entity relationship whereby the entity takes over the body of the human, greatly affecting the six lower levels of the human being.

eternal NOW

Nonlinear time. It is always NOW.

etheric blueprint

A pattern of energy in the etheric planes that surrounds the physical body. It contains coded information (imprints) that directly impact the physical form.

etheric body

The electromagnetic body that surrounds the physical body, but vibrates at a higher frequency.

etheric imprints

Energetic patterns in the etheric plane that are concentrated in areas of the physical body. Trauma from early childhood or past lifetimes that is embedded into the energetic field of the human being.

etheric plane

The fifth dimension of the universe. Realm of the nature spirits and crystal light body.

evolution

The natural tendency of life forms to become more ordered, organized and intelligent, and to increase their vibration and frequency.

evolution of the soul

The progression of learning soul lessons and accumulating experience, over many lifetimes in many levels and dimensions.

extraterrestrial races

Beings from various star systems who have visited Earth at different times in its history.

extraterrestrials (ETs)

Beings that have not incarnated into human form on Earth.

faeries

Nature spirits existing in the lower fifth dimension.

fall from grace

Original Cause. Descent into matter. The experience of the soul when compressing into the lower worlds.

falling into the gap

Going unconscious and succumbing to repressed rage, terror, or other enhanced negative emotions. Emotional outbursts that are out of control.

false idol

Any being, object or idea to which you give your power and authority.

Findhorn

An intentional spiritual community in Scotland, famous for beautiful gardens and retreat centers.

fluoride

A toxic chemical added to water supplies, toothpaste and other items.

forgive, forgiveness

To transcend the need for attack and revenge. To recognize that in the ultimate sense, nothing bad or wrong has been done. To see through the unenlightened actions of a soul to the loving essence within.

Founders, the

12-dimensional beings that collaborated with this author to produce various books and teachings. Creator gods who helped engineer the human DNA molecule.

fractional reserve banking

A financial scheme whereby money is created out of nothing and then loaned to others in exchange for things of real value, such as land or personal property. The reserve is a small amount of money required to be kept by the lending institution, usually about 10% of the principal loan.

fragmentation

The act of splitting off a part of a soul's energy, either voluntarily or involuntarily.

fragmented

Souls who have various fragments of themselves spread across the universe, or embedded in other souls on Earth.

fragments

Pieces of soul energy that have broken off from the parent parts of the soul.

free will

The ability to choose what experiences you want to have and when to have them. The free will universe is contained within the larger, predestined universe.

Freemasons

A fraternal organization involving various levels and rituals, originally designed to lead souls to spiritual enlightenment, now largely corrupted by ego/personality interests.

frequencies

Specific spectrums of light, sound or consciousness. Densities encompass specific frequency bands. Structured types of vibration.

fundamentalist

A person who adheres to a strict set of dogma, creed, or rules.

future self, future selves

Aspects of self existing in future timelines.

future timeline linking

A process whereby a soul connects with one or more future versions of itself existing in possible or probable realities.

Galactic Confederation

An organization comprised of over 1,000 star systems, ranging in vibration from fourth to ninth densities, with thousands of members on Earth in human form.

Galactic Shift

An event occurring approximately every 108 million years, wherein the solar system moves through a band of lower polarity electromagnetic energy that raises the frequency of Earth and her life forms. The current cycle is scheduled to peak in 2025AD.

Garden of Eden

A term used to denote the pre-separation state, or seventh density experience of souls before they descended into the lower worlds.

ghosts

Fragments of disembodied souls who wander the astral planes, unable or unwilling to reunite with their parent parts in the higher realms.

God Presence

The highest level of the Self. The aspect of Self directly connected to the Godhead. Roughly equivalent to the Universal God Self, or 12th level of being.

God Self

Level 12 of the Self. See “God Presence.”

Godhead

The aspect of God that is beyond all form, levels and dimensions. The Source.

Golden Age

A period of enlightenment occurring on Earth, beginning approximately around the year 2030AD, but with elements occurring before that time.

Great Central Sun

A great being of Light emanating from the 10th dimension and radiating love and compassion to the entire galaxy.

Great Pyramid (at Giza)

Built by the Pleiadeans around 10,500BC, unlike the other pyramids that were built by slaves and volunteer workers around 2,500BC.

group soul complex

A group of souls that are deeply bonded and have combined aspects of their consciousness to think as One Being.

group souls

Groups of souls that are not deeply bonded to think as One Being, but who have affinity with each other.

habit patterns

Thought forms and behaviors that have taken on a life of their own due to repetition and reinforcement over a period of time.

Halls of Amenti

An etheric temple of Light located underneath the Great Pyramid at Giza.

healing modalities

Holistic techniques and processes designed to integrate the six lower bodies.

Heisenberg Uncertainty Principle

A principle of quantum physics that states, in lay terms, that there are an infinite number of possible realities until one reality is focused on by consciousness, at which time the other realities “collapse” into a dominant timeline that outpictures (manifests) the reality that is being focused on.

higher consciousness

A generic term for consciousness focused on the levels above the body, emotions and mind.

higher realms

The dimensions beyond the fourth dimension.

Higher Self

The levels of self between and including the 7th through 12th densities.

history of the Earth

See the book, "Earth, Changes and 2012" for a detailed chronology.

hypnotherapy

A healing technique used to reprogram the subconscious mind through the embedding of autosuggestions during deep meditation.

illusion

Something that has no reality apart from belief. It ceases to exist when belief in it is withdrawn.

immortal, immortality

The physical self when its vibration exceeds 5.00 on the density scale. Transcendence of the law of entropy (second law of thermodynamics).

incarnating, incarnation

The process of embedding a primary fragment of a soul into physical embodiment.

indigo children

Highly intelligent children born from around 1950 to about 1990, who tend to rebel against authority and question the status quo.

Individual God Self

The 11th density level of the Self.

intelligence

The aspect of Spirit that is aware and capable of learning.

intentional spiritual communities

Soul groups that come together to share a piece of land or common buildings, often growing their own food and producing their own energy, who share common or similar spiritual perceptions.

interdimensional

Spanning more than one dimensional level, as in communication between spirit guides and humans.

invocation

A structured prayer or request for communication with a spirit being (or group of beings).

Isis

An 8th density ascended master, one of whose incarnations were in Egypt during the time of the Pharaohs.

J.J. Hurtak

Author of *The Keys of Enoch*.

Jane Roberts and Seth

Author of the Seth material. Jane Roberts was a trance channel for the entity Seth.

Jesus

A specific incarnation of the oversoul known as Lord Sananda.

Kangen

A water production system that alters the pH, making it typically 5.5 to 9.5.

karma

Unfinished soul business. Unresolved issues from past lifetimes.

karmic contract

An agreement between two or more souls that carries over into future lifetimes, unless one or more souls breaks the contract.

karmic guardians

Spirit guides that help ensure that the free will of souls is not violated.

karmic possession

Possession of a soul by an entity who has a karmic contract with that soul from a past lifetime.

karmic relationship

A relationship between two or more souls that is based on a desire to learn soul lessons from each other, or to complete soul lessons began in a prior lifetime.

Kingdom of Heaven

A generic term referring to the “God worlds,” or dimensions 10 through 12.

Krishna

A 10th density being from the Lyra/Vega star system.

Krishnamurti, J.

A 20th century teacher and philosopher who traveled and taught worldwide for over 50 years, giving discourses and writing books on the nature of enlightenment.

Kriya yoga

A form of yoga involving structured breathing rhythms and meditation. Brought to Earth by Babaji.

kriyas

Breathing and yogic exercises designed to awaken the kundalini and raise the quality and dynamics of life force energy, or prana.

kundalini

Feminine energy that comes up from the Earth and enters the base of the spine, then travels upward along the spinal column.

Lahira Mahasaya

Paramahansa Yogananda’s teacher’s teacher.

Law of Attraction

A metaphysical explanation of the third law of thermodynamics, which states that for every action, there is an equal and opposite reaction. There are many corollaries, including “What you put out comes back to you, “ and “What goes around comes around.”

law of cause and effect

Similar to the Law of Attraction. “To every effect, there is an underlying cause.”

Leah

A sixth density being of Light, currently in the etheric realms of Venus. The twin flame of the author.

Lemuria

A civilization that existed over 75,000 years ago in what is now Indonesia.

Lightworkers

Souls who came to Earth specifically to help awaken humanity during the present time.

linear time

Time measured by relative motion. Time by the clock. Past, present and future.

Lord Melchizedek

Head of the Order of Melchizedek, an interdimensional priesthood comprising souls from fifth to ninth densities.

Lord Sananda

Head of the Galactic Confederation, an interdimensional organization comprised of over 1000 star systems, ranging from fourth to ninth densities. The oversoul of Jesus.

lost soul fragments

Aspects (pieces) of a soul, wandering in the astral planes, seemingly disconnected from the parent part of the soul and unable to find the Light.

lower celestial planes

Seventh density worlds, home to various angelic beings.

lower worlds

Planetary systems in the lower four dimensions.

LSD

A psychoactive drug that often induces visions. Invented by Albert Hofmann and used by millions during the 1960s.

Luciferianism

A thought system introduced by the archangel Lucifer, that denies emotions and sexuality in favor of the intellect. Useful when training soldiers to kill without remorse. Also responsible for the Victorian era of sexual suppression and the shaming of men for having emotions.

manipulation

Mind control and societal programming designed to create obedient workers and/or soldiers in the general populace.

mantras

Words or phrases designed to quiet the mind and induce spiritual awareness.

matrix

A system of thought designed to program the general populace. A network of social systems and behaviors, considered “normal” by the mainstream media. The generally accepted beliefs of a society.

MDMA

See “Ecstasy.”

meditation

Meditation is both a technique and a goal. One practices meditation in order to attain a meditative (still) mind.

mediumship

The act of forming a relationship with an entity or entities and allowing such beings to enter the body, while the soul normally occupying the body goes unconscious or elsewhere.

mental body

The third level of being in the author’s model system.

mental illness

Inability to cope with the stimulus of daily life. Inability to cope with traumatic emotional events from the past.

mental plane

Part of the fourth dimension of mind and time.

mercury

A toxic metal found in many foods, from industrial waste or dental fillings.

mescaline

A psychoactive drug synthesized from peyote cactus.

Messiah complex

A form of egoic grandiosity whereby a soul believes he or she is responsible for saving humanity.

middle celestial planes

Eighth density realms, home of the archangels and ascended masters.

monad

The ninth level of being, sometimes called “master oversoul.” The oversoul of the oversoul.

monosodium glutamate (MSG)

A neurotoxin added to foods to enhance flavor. Causes allergies, nervous system disorders, and brain damage. E621 (E622 and E623), autolyzed yeast, hydrolyzed protein, and glutamic acid, also contain MSG.

multidimensional

Existing in many dimensions simultaneously. The Self in nonlinear time.

multiple personalities

Aspects of self, arising from past traumas and inability to cope with life experiences. Based on repressed desires and emotions.

multiple personality disorder

A condition whereby multiple personalities “act out” in order to cope with challenges in life.

mutation, mutating

Sudden change in the structure or configuration of cells.

mystics

Souls who are aware of their multidimensionality, often communicating with beings from various dimensions.

naturopaths

Doctors specializing in natural remedies.

negative core beliefs

Beliefs formed in early childhood, past lifetimes and Original Cause, that form the basis for all negative behaviors, attitudes and experiences.

negative emotional patterns

Energetic imprints formed by traumatic experiences that involved strong emotions, such as loss of a loved one, abandonment, rejection, etc.

negative entities

Beings who are not aware that the Light is within themselves, so they seek to take Light from others.

negativity

Anything that tends to hinder soul growth, happiness and well-being.

network marketing

A form of marketing that consists of “uplines” and “downlines” of sales representatives. The members of the upline profit from the sales being made by members of the downline.

New World Order

Generally refers to the dark Illuminati’s plans to centralize government and currencies in order to gain maximum control of the general populace.

nonlinear time

The eternal NOW, including all levels and dimensions.

One Being

The state of unity that exists beyond all belief in separation, based on the non-locality principle in quantum physics. “We are One Being expressing through billions of bodies.”

Oneness

A state of connectedness experienced when the belief in separation is fully integrated.

Order of Elohim

A ninth density interdimensional order that includes eighth density archangels, whose names end in “el.” Michael and Raphael are two members.

Order of Melchizedek

An intergalactic priesthood (and priestesshood) that includes human beings as well as beings from all over the universe, in densities 4 through 9.

Order of Metatron

A ninth density organization that includes archangels and ascended masters, whose names end in “on.” Headed by Lord Metatron.

Original Cause

The imprints and negative patterns formed during the fall from grace. The psychological and physiological trauma associated with souls’ entry into the lower worlds.

Orion

A constellation comprising several worlds, where warfare was extensive for thousands of years. The Orions invaded Earth about 500,000 years ago and interbred with Pleiadean humans, creating an aggressive, competitive, warrior-like race. Today, almost 80% of human DNA is dominated by the Orion configuration.

outer worlds

Planetary systems vibrating in the lower four dimensions.

oversoul

The eighth level of being, from which souls emerge.

paradox

A set of conditions that appear to contradict one another, when viewed from a lower dimensional perspective, but which are all true when viewed from different levels of perception.

parallel lifetimes

Possible realities that co-exist with the dominant timeline.

parallel selves

Selves that exist in different dimensions and realms simultaneously.

Paramahansa Yogananda

A yogi who came to the western world and gave many teachings. His book, “Autobiography of a Yogi,” is one of the most popular spiritual books ever written.

partial possession

A situation whereby an entity gets part of the way into the aura of a soul, but does not completely take over the body/mind/personality complex.

partial soul transfers

A condition whereby certain levels of the self are exchanged for those corresponding levels in another soul.

past life regression

A technique wherein the client goes back into past lifetimes in order to understand what took place there. Therapist and client actively participate in the process.

Pegasus

A creature derived from interbreeding between horses and faeries. Also, a spirit form of horse,

with wing-like attributes.

physical ascension

The process of converting the carbon-based mortal human body into the silicon-based immortal crystal light body. Going from fourth density to fifth density.

Pleiades

A constellation of seven bright stars, with over 100 additional stars considered to be part of the constellation (including our sun). Beings from the Lyra/Vega star system started the humanoid form and later migrated to Pleiades. Beings from the Pleiades originally came to Earth as the first humans here. Currently Pleiades is home to beings from fourth to twelfth densities.

pole reversal

An event that occurs about every 680,000 years. A partial pole reversal is currently underway on Earth.

poltergeists

See “ghosts.”

polyamory, polyamorous relationships

Relationships involving multiple partners of either or both sexes.

portal shift

The opening of a portal of Light, streaming into the Earth and catalyzing growth and transformation. The current portal opened on December 21, 2012.

possible and probable realities

Based on the Heisenberg Uncertainty Principle, all the possible and probable permutations involved when creating future timelines.

power struggle

A phase of human relationships whereby the egos of the partners tend to clash. Usually follows the honeymoon stage. The power struggle phase may start when each one begins seeing the other's faults and perceived weaknesses, which may result in trying to change each other.

Prana

Life force energy.

pranayamas

Yogic exercises designed to awaken and direct prana, or life force energy.

prayer

Active communication with Spirit, initiated by human beings.

precessional alignment

Occurring every 25,920 years, the point when the axis of the Earth aligns with the center of the galaxy. Last occurred on December 21, 2012.

priests of Melchizedek

Humans and spiritual beings from other dimensions belonging to an intergalactic organization headed by Lord Melchizedek.

primal therapy

A form of breathing yoga that emphasizes the exhale, rather than the inhale. Involves cathartic release.

probable realities

The most likely scenarios, based on what is being projected forth from consciousness in any given moment.

probiotics

Beneficial bacteria that aids digestion and assimilation in the human body.

propaganda

Most of the “news” and “science” being disseminated in the world today, regardless of the form of government or country of origin. Information that is biased in favor of those generating the information.

prophecy, prophecies

Predictions for the future, based on visions received by the soul and higher mind.

psilocybin

A mushroom containing psychoactive substances.

psychic, psychics

Pertaining to clairvoyance, clairaudience, or clairsentience, as well as telepathic abilities. Everyone has psychic abilities, but most souls have not developed them.

psychokinesis

The ability to move objects or people without touching them physically.

psychological issues

Emotional and mental obstacles to soul growth, happiness and well-being.

psychopathic behavior

Behavior arising from deeply repressed emotional patterns and negative beliefs, often resulting in violence and abuse of self and others.

psychotherapy

Therapy designed to heal the emotional and mental bodies.

qi gong

A subtle healing art, originating in the East, involving gentle movement and bioenergetic techniques.

quantum physics

The study of subatomic particles, waves, and their laws and behaviors.

Quantum Touch

A bioenergetic healing technique developed by Richard Gordon, involving the meridians of the etheric body.

realms of spirit

Technically, any part of Creation beyond the physical dimensions.

rebirthing

A conscious breathing yoga, emphasizing the inhale, developed by Leonard Orr.

Reconnection

A bioenergetic healing technique developed by Eric Pearl, involving the rearranging of the etheric field in order to correct imbalances.

reframing

A psychological technique for re-creating the past.

Reiki

A bioenergetic healing technique developed by Dr. Usui, involving the laying on of hands while visualizing certain symbols.

reincarnate, reincarnation

The process of repeatedly incarnating into physical bodies on Earth, or similar lower density worlds.

Reptilians

Beings from the Alpha Draconis star system, whose bodies resemble large serpents.

reverse karma

The effect of giving more than you receive, energetically. This includes financially, as in the form of loans paid over long periods of time with compound interest.

rites of passage

Ceremonies and rituals conducted by various tribal cultures or religions, marking the passage of various phases of growth in an individual or group. Examples include the “Bar Mitzvah” in the Jewish tradition, or “Baptism” in the Christian tradition.

sanskaras

Etheric imprints caused by traumatic experiences in this or past lifetimes.

San Pedro cactus

A psychoactive plant used by shamans to induce visions.

satori, satoris

Temporary enlightenment, often experienced by souls when they first start meditating and doing spiritual practices.

schizophrenia

A mental illness characterized by a soul’s inability to properly filter and process stimuli. Usually caused by an inability to resolve traumatic emotional events from the past (often originating in early childhood and past lifetimes).

scratch pad of Creation

Another name for the astral realms.

second death

A process whereby a soul is assimilated back into the Godhead. In essence, it means starting over. This is rarely done and then only when a soul has made no discernible progress after millions of years of evolution.

self-acceptance

The act of loving everything about yourself, including your human imperfections.

self-judgment

The act of making yourself wrong. The primary cause of misery and suffering.

self-sufficient communities

Intentional spiritual communities that produce their own food, power and basic essentials to physical sustenance. Not the same thing as isolationist communities.

separation from God

The core negative belief system at the root of all negative thoughts. Formed during the fall from grace, or descent into matter. The deepest layer of illusion.

seventh density

The “home” level of the soul, where the soul first experienced individuality.

shamans, shamanic practices

The art of communicating with nature spirits, plants, animals, discarnate entities, and beings from the astral, etheric and causal planes, through the use of ceremony, ritual, natural medicine, and visions.

Shift of the Ages

The current time period on Earth, beginning December 21, 2012.

Sirius

The brightest star in the sky, actually a binary system, Sirius A and Sirius B (with a smaller rogue star sometimes called Sirius C). Home to beings from fourth to eighth densities.

six lower bodies, the

The physical, emotional, mental, astral, etheric and causal levels of being.

skydancing tantra

A form of tantra yoga involving movement, breathing and kundalini meditation.

soul division

The splitting of souls into twin flame pairs. The emergence of groups of 12 souls (six twin flame pairs) from the oversoul, or horizontal divisions among existing souls.

soul evolution

The process of acquiring knowledge and wisdom as the soul moves up through the density levels.

soul family members

Souls belonging to primary, secondary or extended soul families (souls having the same oversoul, monad or Christic/Buddhic Self).

soul fragmentation

The voluntary or involuntary act of splitting off pieces of soul essence and embedding them into other souls, places or times.

soul fragments

Primary, major or minor pieces of soul essence belonging to the parent part of the soul in the higher realms.

soul integration

The act of reuniting all soul fragments with the parent part in the higher realms, through spiritual ascension, or by bringing the parent part into the physical body (physical ascension).

soul mates

Souls who have an affinity for one another. Often, they have had many lifetimes together, but are not members of the same soul family.

soul signature

A unique vibration that every soul in the universe possesses, that acts as a “cosmic ID card.” You can tune into this vibration to determine the authenticity of a being.

sovereign beings

Souls whose consciousness is aligned with the majority of soul essence. Souls whose parent part and primary fragment on Earth are aligned.

sovereign entities

Souls who have the majority of their soul essence intact, and who reside in the higher dimensions.

sovereign souls

See “sovereign beings.”

spirit guides

Sovereign beings or discarnate entities assisting humanity from the astral, etheric, causal or celestial dimensions.

spiritual ascension

The act of leaving the body behind and rejoining the primary and major soul fragments of the soul with the parent part in the higher realms.

spiritual mastery

The ability to come and go from any level or dimension of the universe at will.

spirulina

A blue-green algae commonly grown in fresh water.

sprites

Nature spirits in the lower fifth density, similar to faeries and devas.

starseeds

Souls who have had the majority of their soul experience on worlds other than Earth.

String of Pearls Technique

A technique whereby one goes quickly through multiple traumatic experiences in this lifetime, or multiple lifetimes, and gives a quick healing to each experience.

student-teacher relationship

A specific type of karmic relationship involving a contract to learn from a particular teacher or teachers in human form.

subconscious mind

The part of the mind that stores memories, holds belief systems, and controls the autonomic functions of the body.

sublimation

The art of channeling emotional energy into tasks unrelated to the original traumatic imprint.

sub-planes

Regions within a given realm that have specific properties, such as the lower, middle and upper astral sub-planes.

sucralose

An artificial sweetener with possible side-effects. Often called "Splenda."

sucrose

Refined (white) sugar.

Sufi, Sufism

A mystical offshoot of Islam involving deep, esoteric teachings, rituals, dances and philosophy.

superconscious mind

The aspect of mind directly connected to the Universal Mind, or intelligence of the Godhead.

suppressing emotions

The conscious decision to avoid feeling certain unpleasant emotions.

Tai Chi

A slow and deliberate practice of movement, similar to yoga and martial arts, designed to center the mind and body.

talisman

Any object that has had consciousness embedded into it for the purpose of healing. Can also be used for casting a spell (directing negativity toward a person, place or thing).

tantra

A yogic art and state of consciousness involving the art of being totally present with oneself or with a partner.

tantric relationship

A relationship dedicated to the practice of tantra yoga, involving the act of being totally present with another human being. Often involves enlightened sexuality.

Taoist arts

A system of spiritual methods and philosophy commonly practiced in the East, but becoming increasingly popular in the West, similar to Zen Buddhism, but more focused on disciplining the mind and body, with less emphasis on religious beliefs.

teacher-student relationship

A specific type of karmic relationship whereby one takes in an apprentice or student in order to give him or her certain soul lessons.

telepathy

Thought transference between minds, in any language or no language.

telepathic transmission

A means of communicating with beings in the higher realms, without becoming energetically involved. Simply sharing ideas and concepts, without allowing the energy of such beings into the human body.

teleportation

The ability to transport the physical body from place to place without the need for a mechanical transport device.

The Keys of Enoch

A channeled book by J.J. Hurtak that goes into detail on the nature of the crystal light body and Merkabah vehicle.

thermodynamics

The study of the laws of energy, including static state (things tend to stay the same unless acted on by an outside force), entropy (things tend to wear down and become more chaotic over time), and action-reaction (to every action there is an equal and opposite reaction).

third-dimensional

Of or pertaining to ordinary mundane physical existence on Earth.

Thoth

A being of Light who came to Egypt from Atlantis during the destruction of that continent. He established mystery schools in the Great Pyramid at Giza.

thought forms

Ordered/commanded energy, positive or negative, created by thought, that emanates from the thinker and goes out into the universe, often to specific targeted individuals.

three days of darkness

A misunderstanding of the partial collapse of the electromagnetic field occurring during December 20-22, 2012. The original meaning was, “neither day nor night,” meaning neither positive nor negative polarity.

time/space continuum

Of or pertaining to the lower four levels of reality.

timelines

Specific sequences of events occurring somewhere in the time/space continuum.

timeline healing

A technique whereby one goes back into the past and gives healing to the selves that existed there (or that still exist, from the perspective of nonlinear time).

totem

An animal spirit, discarnate or sovereign.

trance medium, trance mediumship

The act of allowing another being or beings to take over the consciousness of the human soul temporarily in order to deliver messages. The channel is generally not aware of what is taking place during the channeling.

trauma

Intense experiences that leave negative imprints in the six lower bodies until they are healed, released and integrated.

true essence

The aspect of the soul that remains after all identification with self has ended or has been

stripped away.

truth

That which is actually so on every level and dimension of linear and nonlinear time.

twin flame (twin soul)

The counterpart to your soul, that emerged from the oversoul at the same time as you did. The other part of your soul pair. Your “other whole” (as opposed to other half).

Universal God Self

Level 12 of the Self. The highest level of Self, directly connected to the Godhead.

Universal Mind

The Mind of God. The universal storehouse of all knowledge and wisdom.

universe, the

The sum total of all animate and inanimate matter and consciousness. Includes sub-universes or alternate universes.

unknowable

That which can never be grasped by human consciousness.

unresolved emotional issues

Negative emotional imprints, scars or trauma that have not been healed, released and integrated.

upper celestial planes

The ninth level of Creation, home to the higher ascended beings.

Venus

The nearest planet to Earth, home of beings in the fifth and sixth densities, but hot and poisonous in the lower realms.

vibration

The movement of energy and consciousness. Everything in the universe has a specific vibration. This is a generic term for frequency.

vibrational index

A calibration scale that measures a soul’s evolutionary state, usually ranging from 3.00 to 6.00 in consciousness for human beings. Higher beings can come to Earth with an index of 6.00 to 12.00 in consciousness, but their physical bodies can only attain 4.99. Souls with body indexes above 5.00 are not considered human beings, but rather, ascended Light beings. See Appendix C.

vortexes (vortices)

Concentrated areas of energy, natural or man-made, positive or negative, existing in various places on Earth. Vortexes exist where ley lines (electromagnetic lines of flux) intersect or concentrate. A natural vortex is Mt. Shasta in California. A man-made vortex is the city of Jerusalem. A combination of man-made and natural is the Great Pyramid at Giza.

walk-in, walk-ins

A human being who has allowed another soul or souls to permanently inhabit the body, while the soul originally assigned to that body goes elsewhere.

wheel of reincarnation

A system for learning karmic soul lessons that involves continuously being reborn into subsequent Earthly bodies, with a review at the conclusion of each lifetime and preparatory period prior to the next lifetime.

withhold technique

A process of clearing unspoken issues, usually conducted in person through dyads, or by visualizing people who are not physically present, while in meditation.

yoga

Various practices designed to center and balance body, mind and spirit.

Zeta Reticulins

Beings from the Zeta Reticulus star system, often called “greys.”