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The Real History of Earth



Sal Rachele

The Real History of Earth

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About the Book

Welcome to the Real History of Earth. You will not find this material in your high school or college history classes. In fact, the so-called “powers that be” who appear to control the educational process on this planet definitely DO NOT want you to have this information.

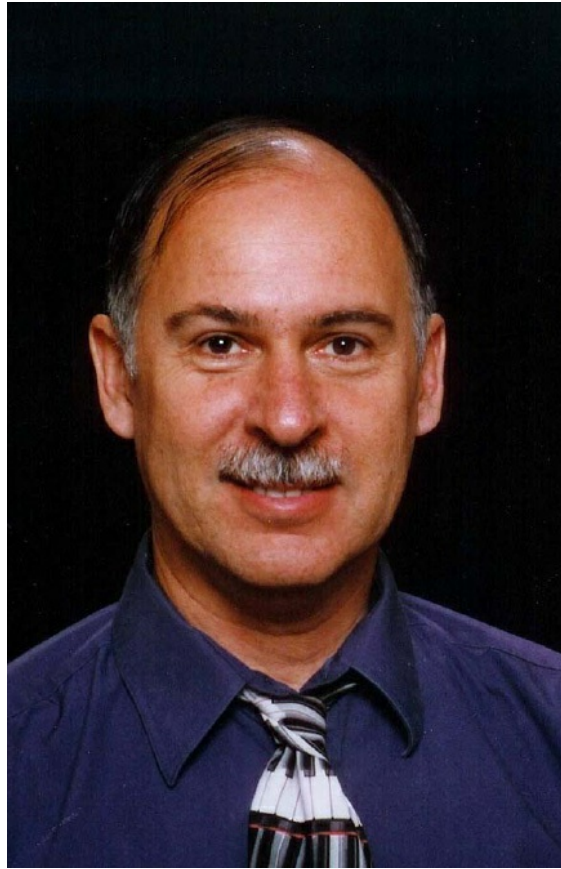
It is said that knowledge is power. The purpose of this book is to empower you to live an awakened life, full of creativity and compassion. Knowing how and why things are the way they are on Earth gives each of us the power to make effective changes, both within ourselves and the world.

If you are a physicist, biologist, archaeologist, anthropologist or economist, this material will likely challenge your deepest and most cherished ideas of reality. Due to the world of the Internet, the ideas presented herein can be researched and investigated thoroughly, and the author encourages you to do so.

This book explores several deep questions that have plagued humanity since time began, including such timeless classics as “Why is there so much suffering on Earth?” and “How do we break out of our self-imposed prison of negative thoughts and beliefs?”

We will also answer the question of how we came to be on this small planet at the edge of a rather average galaxy, with our racial and ethnic mix, languages and cultural habits. Also, we will tread on some “sacred cows,” including the belief that humanity evolved from the ape, and the idea that this is the most advanced civilization that has existed on Earth (both incorrect assumptions). We urge you to keep an open mind while reading this book. Do not blindly accept or reject anything that is being said. Unless a mind is open, there is no way to attain greater knowledge and wisdom. Have you ever tried pouring liquid into a closed container? So, dear readers, fasten your seat belt and open the book for a wonderful ride!

About the Author



Sal Rachele is a teacher, healer, counselor, therapist, musician and visionary, with almost 40 years' experience in the human potential movement. He is the author of *"Soul Integration,"* *"Earth Awakens: Prophecy 2012-2030,"* *"Earth Changes and Beyond,"* and *"Life On the Cutting Edge."*

Sal travels worldwide conducting seminars, workshops and private sessions. He is the founder of "Timeline Healing," a powerful therapy designed to heal what he calls the "six lower bodies." For more info, visit www.salrachele.com.

Other Books by Sal Rachele

Earth Awakens

Earth Changes and Beyond

Life on the Cutting Edge

Mystery of Time

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PREFACE

What You Need to Know Before Reading This Book

If this is the first book you have obtained from this author, you will get a large overview of what has been taking place on Earth over millions of years. In order to get a more detailed background on many of the ideas and concepts, it is suggested that you read the earlier books by this author. They include: *“Life On the Cutting Edge Second Edition,”* (available in late 2015), *“Earth Changes and Beyond,”* (formerly *“Earth Changes and 2012”*), *“Earth Awakens: Prophecy 2012-2030,”* and *“Soul Integration.”* To adequately explain everything that was covered in the prior books in this one would require too many pages for the average reader. Therefore, you will find brief summaries of many of the foundational principles for this work.

While many of the ideas presented here can be backed up by rigorous scientific study or discovered by diligently researching modern and ancient cultures, there is a large body of knowledge that is not supported by mainstream fields of study. Many of these more radical ideas may even sound outrageous and far-fetched. It is absolutely critical to have an open, objective mind when exploring the subjects herein. A true scientist comes from the premise, “I do not know the answers, but I am going to find out.” Such a researcher utilizes all available tools of study, including those that fall outside the “acceptable” range for scientific research.

While much of this book is based on scientific method, the author feels it is imperative that this material be released as soon as possible in order to help awaken souls and prepare them to build a new age of peace and prosperity on Earth. Therefore, references, footnotes, diagrams and charts are being kept to a minimum. When it is important, we will give a reference or mention a source. If such is not presented, it can be assumed that the information is from the higher self of the author, or one or more of his spirit guides.

It is important not to blindly agree or disagree with anything presented in this book. Read other authors. Examine other sources of information. Use critical thinking. Just because the author is claiming the information is from his higher self and/or spirit guides does not automatically make it true.

It will soon become evident that modern mainstream society does not give you an accurate picture of Earth history. Why?

One obvious conclusion is that the majority of historical accounts are written by the victors of war. After all, “dead men tell no tales.” At least not in the conventional sense. You may believe that those who have passed out of this world can contact you from the realms of spirit and give you valuable information. Even if you have an awareness of such realms, the vast majority of human beings have not yet learned how to tap into such information, so they are bound by the stories of the living, passed down from generation to generation.

You will note that conventional methods of media cannot give you the whole story regarding historical events. There are several reasons for this:

1. As stated above, information is passed from generation to generation with misunderstandings and mistranslations, especially in the case of multiple language and cultural barriers;
2. Those who were defeated in war and survived often did not have access to printing presses or reading materials and may not have had their voices heard amidst the pompous, self-

- righteous declarations of the victors of war;
3. The subtle physical, emotional, mental and psychic faculties of reporters, experiencers, witnesses and messengers often have not been fully developed. They can only report what their five senses are able to perceive;
 4. Souls giving historical accounts are influenced by dogmatic religious beliefs, superstitions, cultural habits and customs, psychological programming and conditioning, etc.
 5. The so-called “powers that be,” meaning those who appear to control the media and political institutions, may strongly encourage or even dictate what is acceptable to be disseminated within a given society;
 6. Those with the greatest financial resources often fund those sources that help keep them in control of the supply and distribution of wealth. Inventors and scientists, whose discoveries are a threat to the well-being of such controllers, will be and have been suppressed;
 7. Governments, militaries, banks and other institutions, which are controlled from behind the scenes by extremely wealthy individuals and groups, are instructed on how to disseminate information in ways that will promote and preserve the status quo;
 8. There are cosmic influences, meaning sources outside the Earth, who have as their primary intention, the controlling of the minds of humanity, for their own selfish purposes and agendas;
 9. Our own souls are often not ready to receive certain information, as it would force us to grow too quickly in awareness. In other words, we may have certain soul lessons that require us to be relatively ignorant of the bigger picture until such time as we are ready to understand higher ideas and concepts; and
 10. There has been erected a frequency barrier, or frequency fence, around the Earth, which makes it difficult to receive accurate information from other realms. This author has learned how to break through that barrier over many decades of practice and has studied numerous unconventional sources to support and corroborate the information. He has learned how to access the higher mind and what is commonly called the “Akashic records.”

These and other topics will be explained in greater depth within this book. It is not enough to simply state that we have been lied to regarding the official version of Earth history. With so many well-meaning people who truly want to understand why things are the way they are on Earth, it is our intention to go deeply into the question of “Why have people been misled?” And of course, there is the ultimate question, “What is behind the drama and trauma of life on Earth?” Finally, we will answer the most practical question of all: “How do we break out of our prison of limited thinking, regardless of whether this limited thinking is self-imposed or imposed on us by others?”

I, for one, do not like “pat” answers, convenient half-truths, or watered down and sugar-coated explanations. Nor do I appreciate flowery and fluffy language designed to make someone look more intelligent and informed than they actually are. The vast majority of human beings, while inherently good-natured, loving and compassionate, have been “dumbed down” to an astounding degree. For example, there are many economic “experts” holding graduate degrees in business and finance, who do not know how the banking system works or how money is created. Almost all so-called “scientists” believe we evolved from the ape and have only been around a few thousand years as fully developed *Homo sapiens*. A few hundred years ago, many people believed the world was flat (even though there are references to the round Earth in numerous ancient texts, including the Bible). Today there is still a “Flat Earth Society.”

In many cases, the evidence that things are not the way they have been explained to us by the

so-called experts is overwhelming and right in front of our faces. You may recall the story of the European sailors who brought large ships into the small ports of the native peoples in Central and South America. The natives, who had never seen anything larger than a canoe, could not even see these huge sailing vessels parked right in front of them because they had no reference point in their minds for something so alien and unexpected. We see what we want to see. We convince ourselves that things are a certain way and by doing so, we cut off our perception of things outside our “comfort zone” or “box” mentality.

Most of what passes for new developments in society are merely reforms to existing paradigms. In other words, the so-called visionaries of our times are mostly simply offering us a larger “box” in which to perceive reality. Very few (and I can count the ones I’ve known on one hand) are offering to take us completely outside the “box.” Those people who merely offer a larger space in the “box” (or perhaps one with prettier decorations) include many so-called gurus, sages, mystics, avatars, yogis, saints, spiritual teachers, metaphysicians and philosophers.

Part of the problem lies in the nature of subjective reality. We can share our experiences through the limited language of words, ideas and symbols, but in most cases we cannot transmit a direct experience of subjective reality (unless we have a highly developed telepathic ability). If I say, “I had an amazing spiritual experience today, with bright lights and rushes of energy,” you might have an idea of what that feels like based on your own past experiences, but unless you are extremely aware and sensitive, you probably will not be able to experience this the same way I did.

The purpose of this book is to help you break out of your own “box,” the prison of your mental programming and conditioning, and to examine some perceptions that may be way outside your comfort zone. For some of you, a lot of the information in this book will merely confirm or acknowledge what you are already experiencing. You might have met people, or read books or online articles about many of these subjects and by reading this author’s version, you are able to put more of the pieces of the cosmic puzzle together in a way that truly makes sense.

We cannot know everything, at least not at this point in our evolution, but we can escape from the bubble of illusion that has poisoned us with half-truths and outright lies. You could say that we have come a long way in the last few thousand years. Not long ago, superstition ruled most people. For example, some were terrified of an eclipse and thought God was punishing them and taking away the sun (or moon). If you were to travel back in time about 100 years and start talking about hand-held devices that enable you to talk to and see people thousands of miles away, you might be locked up as insane.

Not long ago, scientists discovered the quantum world, which turns conventional science on its head. Every day new discoveries are being made, many of which are not publicized (for reasons given in the ten steps above).

People become attached to ways of living that are comfortable and familiar. There are many rules designed to protect the status quo. The elite that make those rules, who believe they are in power, do not want their “security blanket” taken away by new discoveries that would make their way of life obsolete.

Let us illustrate an example of how we become blinded to things that present obvious contradictions in our way of thinking. Take the Great Pyramid at Giza — an enormous structure that Egyptologists say was a tomb to the Pharaohs and was built in 23 years using copper saws and chisels.

It is incredible that scientists with degrees in physics and engineering could possibly believe this. Basic and elementary research, along with high school level mathematics, reveals several

features regarding this pyramid that blatantly defy the traditional explanation. First of all, there are over 2.5 million stones comprising the Great Pyramid, each with an average weight of over 10 tons (10,000kg). (A few thousand of the stones have been removed by thieves over the centuries in order to build their homes. Such stones have been discovered within dwellings in Cairo and nearby communities.)

The quarry where the stones were mined (extracted, cut and polished) is located approximately 900km from the building site. The stones are precision cut, with specifications that are difficult, if not impossible, to reproduce using today's modern technology. Just for the fun of it, let's look at what would be necessary in order for the story of the Egyptologists to be correct:

First, you would need approximately 1,300,000 very strong men, each capable of lifting 200kg and carrying these stones across 900km of very hot and dry desert. Only about 12 men can fit around each stone, and since each stone weighs over 10,000kg, that means nearly 1,000kg for each man. But fortunately, you can design and manufacture pulleys. A well-designed pulley, given these dimensions, can reduce the load per man possibly down to around 200kg. You will need only about 24,000 of these pulleys, since they can be re-used over and over again.

While the above may sound like quite a stretch for human capabilities, here is where it gets even more improbable. In order to build the pyramid in 23 years, it has been calculated that each stone would have to be quarried (dug up from the Earth, extracted, cut and polished) and then transported across the desert, brought to the building site, loaded onto ramps that lead to the desired location and placed in the proper sequence.

The number of stones needed to build ramps is impressive — about five million oddly-cut stones (probably at about 30 degree angles) to facilitate moving the foundation stones into place. Remember, you didn't have diesel-powered cranes and heavy machinery back then.

How often would each foundation stone need to be put into place? EVERY SIX MINUTES, round the clock, every day and night, for 23 years. This means a caravan of men, horses or camels, carriages, stones and pulleys snaking across the desert for 900km, day and night, no breaks, meal stops or vacations, for 23 years.

But wait, it gets even more improbable. Copper saws are only capable of cutting materials with a hardness of up to 3.0. The stones in the Great Pyramid have an average hardness of 5.5 to 6.0.

Also, nobody has found even one of the 24,000 pulleys, or the five million ramp stones, in the dwellings of Cairo and nearby communities. These odd-shaped stones and pulleys would stick out like a sore thumb with even a minor archaeological dig.

And what about the laser precision cuts? In most places, you cannot even insert a razor blade between the stones, especially in the bottom part of the pyramid where the ravages of wind have not caused much erosion.

It is obvious to anyone who has not been bought and paid for by the so-called "elite" that the pyramid was not built the way Egyptologists claim. Yet how many "scientists" are challenging the official story? A few, who are basically ridiculed and threatened with a loss of funding.

Let's use one more controversial example of how we become blinded by propaganda and "official" lies.

I was once a high school math and physics teacher. My dad was a university professor in the same disciplines. We learned about basic laws of physics, the ones that are relevant at normal everyday speeds and distances. We discovered the melting point of various materials and what happens when there are collisions and disruptions of material. We observed what happened

worldwide when airplanes hit the upper floors of high-rise buildings. In every case but one, the result was as expected, demonstrating the basic laws of physics.

Then how do we explain three buildings in New York City on September, 11, 2001, that “free-fell” into their own footprints, leaving almost everything in a powdery dust? How do we explain the destruction of steel beams that melt at temperatures above 2,400 C, when the jet fuel in the explosions was about half that temperature? Common sense suggests that even if the temperature were high enough to melt steel, the upper beams would collapse onto the lower ones, which would break the fall of the upper floors. The impact and resulting fires occurred primarily between the 105th and 110th floors. Assuming these floors collapsed onto the ones below them, the “free-fall” would stop somewhere between the 95th to 98th levels. Let’s assume the floors would collapse for several stories below the fire from the momentum of the falling structures. That still leaves about 80% to 90% of the building intact below the point of impact.

And what about building #7 that had a few sporadic fires in its upper floors? Less than 5% of the building was even affected by fire, yet it free-fell into its own footprint hours after the first fires. I have been witness to and have heard many miraculous stories — yogis levitating, beings teleporting from one place to another, sudden and inexplicable healing, etc. With proper investigation, NONE of these stories violates the laws of physics. Even mainstream scientists can levitate objects in a laboratory. The only time I have ever seen the laws of physics violated is in the official 9/11 story. It makes about as much sense as the Egyptologists and their explanation of the construction of the Great Pyramid.

Never mind the firefighters and others who reported explosions prior to and during the fall of the buildings, or those who found traces of explosives in the fine powder. They must be kooks wearing tin-foil hats. Or un-American. Or terrorists, for suggesting that the official story is a lie.

There are many good documentaries showing the inaccuracies of the official 9/11 story and we have other things to explore in this book, so let’s get going.

Once again, as you read through this book, investigate the ideas being presented. Use critical thinking. Do not blindly accept or reject anything. Learn to develop your higher faculties of discernment. In later portions of this book, I have given some techniques and methods for developing your higher senses. For now, I invite you to go on a cosmic journey with me back to the beginning of this universe and then forward in time through the creation of this world and the life forms upon it. Welcome aboard!

INTRODUCTION

The Nonlinear Nature of This Book

Welcome to an uncensored and (hopefully) unbiased approach to the history of the Earth and humanity. It is my desire that this book fill in a lot of the missing pieces of the cosmic puzzle.

Although there is a method and order to the way the ideas herein are presented, you will find that the multidimensional nature of the material is such that it cannot be covered in a purely linear fashion. I have introduced a myriad of topics and gone into great detail on some of them, starting with the more abstract and fundamental principles and then gradually going more and more into the everyday realities most people experience on Earth.

While most history books go in chronological order, providing physical details of events including who did what and when, this book examines not only a few of those details, but the how and why as well. Periodically, we repeat the same ideas in slightly different ways. We pause the chronological story frequently to explain the reasons behind certain events. A great deal of spirituality and psychology is inserted in order to help illustrate the state of consciousness behind many of the actions taken and events transpired that have affected almost all of us in some way. It is not enough to simply know what happened. If a civilization destroys itself (or is destroyed by others), we need to know how and why it happened and how to prevent it from happening in the future. In other words, we need to learn from our mistakes.

My intention is to make the information in this book as practical as possible. If you cannot use the advice given here in your daily life in a way that actually improves things, then I feel the ideas are of limited value. It might as well be science fiction or fantasy if the application of the material does not help humanity grow and awaken.

We all have a purpose in life. For those of us that are commonly called “lightworkers,” that purpose is to help humanity open to new ways of perceiving reality, to expand consciousness to include more aspects of the larger reality, to see the big picture. From this expanded perspective, solutions to the immense problems facing the world can be found and implemented.

In my previous books, I talked at great length on the subjects of distorted perceptions, or viewpoints colored by core negative beliefs and programming that all of us received growing up in this world. If you have read my earlier works, you will note that I received a lot of help from what I call “spirit guides in higher dimensions.” Regardless of whether or not you believe in such beings, it is important not to simply dismiss the information as too strange or bizarre to be true. My guides will be quick to point out that the messenger is not as important as the message and besides, spirit guides can lie just as easily as human beings. Many are not who they say they are. So why listen to them at all? It depends on the quality of the information and its relevance.

My criteria in evaluating whether something is worthwhile to explore or not involves a simple question: “Does this information assist me in growing and evolving as a human soul?” More succinctly, “Does it contribute to my soul growth, happiness and well-being? Do I have a clearer picture of the world and life in general after absorbing the information?”

When I was a child in school, I was fed the state-approved version of history several times. I found it boring and lifeless, certainly not one of my favorite subjects. I was far more interested in science and mathematics. I didn't realize until much later that my disinterest was precisely because the information had little or no relevance to the things I wanted to do with my life. Furthermore, it really didn't help me understand the fundamental issues and challenges of life on

Earth. Instead of studying the various battles, including who fought and died in what war during what time period, I wanted to know, “Why do human beings go to war in the first place? What motivates them to kill one another? Why do they keep supporting the war machine even though it is obviously draining and ruining the economies of countries and destroying families? Why do people believe the lies and rationalizations around the reasons for going to war that are offered by those supporting such actions?”

On the surface, war seems to occur for a variety of reasons: territorial disputes, scarce resources, religious differences, economic control, etc. But is there something deeper that underlies all these seeming causes? We have been told that competition, greed and lust for power are basic human qualities, part of human nature. Really? Or is it possible that these attributes have been bred into us, possibly through genetic manipulation?

Another thing we have been told is that we evolved from the ape and are gradually becoming more and more enlightened. Yet there is overwhelming evidence of civilizations more advanced than our own existing in the far distant past on Earth. Remains of modern-day *Homo sapiens* have been found that have been dated two to three million years ago. How is this possible? If you have read the Preface and realize how absurd the official story is regarding construction of ancient monuments, then you must ask, “How were the ancient structures such as the Great Pyramid really built?”

Many of us have vague memories of being in a more enlightened state in the past. In some cases, this may be what I call the “pre-separation state,” existing millions of years before we began our human journey, but in other cases it appears to be from times on Earth when things were going much better than they seem to be today. How could this be?

As you read through this book, the answers to all the questions that have been posed in this introduction will be answered, some more easily than others. The proper answer to the question of why things are the way they are on Earth today would require many thick volumes of paper or many gigabytes of computer memory. In this account, we are only covering the highlights, perhaps giving some detail as time permits.

We cannot possibly go into the history of every ethnic group or country, and I do not feel that is necessary. I know that each culture wants to think it is special, better than others or somehow more noble, but this is not the case. There is one intelligence manifesting as several different kinds of people. For the sake of the curious, I will prepare to show the correlation between different cultures and racial groups, but I will never, ever suggest that one race or ethnic group is better than any other. In fact, the belief that one or more groups is favored over others is the basis of evil, which I have defined as “A state of consciousness whereby one separates out certain aspects of creation and judges them as more or less worthy than other aspects of creation.” This might be a different way of looking at evil than what you are used to, but give it some thought. You will discover that this way of thinking leads to the perpetuation of the belief in separation from God and each other, which leads to all misery and suffering.

We will start our journey by looking at the highest levels of creation and introducing some cosmology, since the greater universe was here long before the Earth. Then we will examine the relationship between organisms evolving on Earth and the incarnation of the soul into such organisms. This relationship has never been adequately explained by science or religion. I hope you will find our explanation enlightening.

Next, we will look at the major civilizations that have come and gone over millions of years. We will examine why they fell after rising to what seemed like great heights of refinement. We will look at the role of invaders from other star systems and why such invasions were allowed to

happen. I will give an overview of the benevolent helpers in the higher realms who have monitored the progress of humanity, but until recently were not allowed to intervene.

We will look at genetic manipulation and how it has affected humanity. But we will go deeper into why it was allowed to occur and why human beings attracted other races into their midst in the first place. There is a prevailing belief that we are powerless and helpless in the presence of forces greater than ourselves, but this is an illusion. We have not been told the truth of who we are. Once we awaken to our true nature, we will never again let any race from outside the Earth take over and make us into lab rats.

We will go into great detail on what is taking place in the world today, without sugar-coating the negative aspects or dwelling on them. When you focus too intensely on something, you strengthen it. Once we are aware of the negativity and have the tools to dispel it, we will shift our focus to positive ways of freeing ourselves from the “matrix” of illusion.

Finally, we will examine the truth about enlightenment and how to achieve it in this lifetime. We will also explore the topic of ascension and what to expect as we evolve to the next phase of being. I want to thank you for taking the time to read this and for making a commitment to your personal growth. Your decision to awaken benefits all of humanity.

PART 1 — A Bit of Cosmic History

CHAPTER 1 — The Nature of God and the Universe

In the Beginning...

These words begin many of the world's sacred scriptures, implying that there is a starting (and possibly ending) point to creation. In the scientific world everything started with the “Big Bang,” although many have asked, “What came before the Big Bang?” The very fact that we can ask that question implies something beyond linear time, beyond starting, maintaining and ending, or Brahma, Vishnu and Shiva, as the eastern religion of Hinduism postulates.

Certainly beginning, middle and end are part of a cycle in the natural world. The seasons give us a yearly example — spring begins new growth, in summer it flourishes signifying the middle period of growth, and in the autumn things begin to come to an end, making way for the dormant season of winter. Whether the cycles are annual or on a much grander scale, they all seem to follow a similar pattern or sequence: Birth, life and death. Within these natural cycles is a larger, more all-encompassing reality that some have called God, or Source.

The Three Primary Views of God

There are three primary ways of defining the Creator of all that is. The third way, as we will note below, is merely a pointer to something that cannot ever be defined. This is a Taoist approach.

In the first view, we have a God that is unchanging eternal Divine Love, existing in a state of permanent paradise at the very center of creation, a place of joyous, ecstatic rapture, timeless and awe-inspiring. Then you have the outer creation with its light and dark levels and dimensions. In many scriptures, the goal of humankind is to overcome the darkness of the outer worlds and somehow return to this wondrous state and reunite with the Creator in a heavenly realm.

A slightly more enlightened version of this first definition involves the idea that God lives within us and that we can access God by going within ourselves.

It has been said that only God is real and all else is illusion. The viewpoint here is that this world and the lower dimensions of time and space are part of maya, duality, a world of separation and misery. Many religions teach us to escape the tawdry, mundane existence of the outer worlds in favor of an inner paradise that we will usually experience only when we pass from the mortal physical form.

The problem with this viewpoint is that it severely limits the power and effectiveness of God. If the Creator was responsible for creating all that is, somehow his or her influence did not reach all the way into the outer realms of the creation. Implied in this cosmological view is the idea

that the realities nearer the center of God are somehow more beautiful and more desirable than the realities situated, perhaps, on the edge of the universe.

In the second way of defining God, we say that everything is part of the Divine and that there is nothing outside of God. The second view implies that everything is equal in God's eyes, everything is Divine, and there is no separation between any of the aspects of the creation. If God is all that is, then surely every level and dimension is part of God and is therefore no better or worse than any other aspect of creation. Although there may be contrasting colors and frequencies, all is part of Divine Perfection no matter its level or density.

In my opinion, this is a more enlightened version of God because it looks beyond the idea of separation and sees perfection in all things. While evolution might be real on one level, this holistic view implies that it is okay to be where we are on the wheel of life. We are no longer making ourselves or others wrong for not being better, more perfect or closer to our limited idea of God.

The third version of God is the Taoist concept, which is an attempt to actually go beyond concepts entirely into a timeless, formless void, a stillness, a silence, an indefinable reality, an unknowable realm beyond all definitions. It can be experienced, but only from a “non-reference” point or “no-self,” a state of ego death. We will talk more about this state of consciousness late in the book when we go into the ideas of ascension and enlightenment.

You could say that people can have a belief in God that approximates the first or second definitions above, but to understand the third version of God is to go beyond beliefs entirely into the realm of pure knowing.

The Nature of Spirit

Let us assume, for a moment, that the views of God given above are accurate. There is a central (or perhaps great central) sun at the center of the universe that radiates eternal, unchanging love and this love permeates and penetrates into every molecule, atom and sub-atomic particle or wave of creation. The intelligent energy that animates all things can rightly be called the Divine Spirit or simply the spiritual nature of the universe.

The material universe is a subset of the spiritual universe, by definition, since “spiritual” is generally considered to include those invisible realms that we know to exist through the study of the light spectrum and frequencies. Both the infrared and ultraviolet parts of the light spectrum are outside the visible wavelengths and are infinitely vaster than the narrow range of visible light. We know there is measurable energy present in these invisible frequencies. For example, think of radio waves capable of carrying signals thousands of miles through the atmosphere, yet vibrating beyond the range of physical sight.

In many cultures, the spiritual energy of the universe is called “prana,” meaning life force energy, the energy that animates all living things. While it may exhibit electromagnetic and chemical characteristics, the energy itself is beyond its qualities.

For our purposes, spirit is the intelligent energy that tends to bring greater order and balance to the universe. It is God expressing itself in the myriad of forms, levels and dimensions throughout infinity. In this sense all is spirit, although we typically separate materiality from spirituality when describing the everyday things of life. In actuality, material things (matter) are simply spirit expressing in a more dense form that resides within the visible light spectrum. Another way of saying this is that the material world is like a very small bubble contained within a much larger bubble (the spiritual universe), which in turn is most likely contained within an

even larger bubble, etc.

In fact, the levels and dimensions of the universe can be thought of in a manner much like those Russian dolls, where the larger ones contain smaller ones, etc. The higher the dimension or plane of existence, the more all-encompassing it is. The lower dimensions are contained within the higher ones. Like mathematical subsets, the entire range of the lower realities is contained within the higher, but not vice versa. In other words, there are attributes of the higher realms that are not directly accessible from the lower realms. (In this case, “higher” and “lower” do not in any way imply “better” or “worse.”)

These basic concepts, which have been explained in earlier books, will be referred to again and again throughout our exploration of Earth history.

Linear and Nonlinear Time

Another vital concept is that of linear and nonlinear time. By understanding the dual nature of time, we can begin to appreciate our history and view it in a much more holistic way. For those who have read the earlier books, some of this will be review, but we consider it important enough to repeat. Always, when an idea is reviewed, it is described from a different angle than the previous times, so there are ideas and concepts in the following sections that have not been given before in the same manner.

There are two perceptions of time that are relevant to life on Earth:

The Perception of Linear Time

The first is the commonly-perceived notion of past, present and future. Linear time can be further broken down into segments: (1) physical time, and (2) psychological time.

Physical time is a product of the measurement of relative motion of two or more objects — for example, the sun and the Earth. When measuring linear time, we observe the Earth revolving around the sun and count each revolution as “one year” in an ordinary calendar. Another common measurement of relative motion involves the rotation of the Earth about its axis. We observe one rotation and call this “one day.” We observe the relationship between rotation and revolution and calculate that there are approximately 365 days in one year. Everything else in our modern linear time system is derived from these two basic measurements, including hours, minutes, seconds, etc. This is time by the clock, and our modern society is based on these measurements. All our appointments, flight schedules, office hours, etc., are obviously based on physical linear time.

The second segment of linear time involves what we call “psychological time.” This is our sense of how much physical time has passed. Our state of consciousness determines how we perceive physical time. For those deeply engrossed in fascinating fields of study, time may seem to fly, while those who are bored with their work (or play) might find time seeming to move at an excruciatingly slow pace. Also, as a human being gets older, time generally seems to move more quickly. This is due to increasing incidents of recurring events and the mind's tendency to remember only significant deviations from these events. For example, suppose you are 50 years old. How many of your birthdays do you remember? Probably only the most unusual or significant ones. If a major event occurred 20 years ago, it might seem like it happened yesterday if 19 years have come and gone without much that is deemed significant since that time.

There is another distortion of psychological time that we will discuss when we explore the

nature of ascension. Briefly, this perception can be summed up as follows: As you raise your vibration (expand your awareness or enter into higher states of consciousness), there is a natural tendency to experience time as speeding up. In other words, to someone vibrating at a high state of consciousness, one year might seem like two weeks, while to someone at a lower state of consciousness, one year might seem like ten years. When time is perceived as speeding up, this phenomenon is referred to as “natural harmonic time compression.” An extreme example might be the concept that God created the heavens and Earth in seven days. While this is likely allegorical, it could be construed to mean that from God's perception (or from a state of God-consciousness), every billion or so years is perceived as a single day.

When the opposite perception of time occurs, meaning that a great deal is experienced in what the clocks would show as a small interval of time, we have “natural harmonic time expansion.” This occurs for most human beings during the dream state. You might have a dream wherein two weeks of time elapses, but when you awaken, you find that only 90 minutes have gone by on the clock.

Souls who evolve into very high states of consciousness may have the ability to expand or compress time consciously. For example, have you ever wondered how an archangel or ascended master being could possibly come to Earth and listen to millions of prayers world-wide? In this moment, there might be 10,000 souls praying to Archangel Michael or Lord Sananda for guidance, and each of them might perceive a one-to-one dialogue with their chosen spirit guide.

While some humans who perceive these communications might be experiencing projections of their own subconscious minds, it is certainly possible that many of them are actual communications with these beings. How is this possible? From a higher dimensional viewpoint, an ascended being may be capable of coming to thousands of human beings individually, spending what seems like several minutes with each person, and then returning to the ascended being's natural realm where only a few seconds have elapsed.

In summary, linear time is relatively easy to understand because the intellectual portion of our brains is designed to perceive things in a linear way. We are used to living by the clock; scheduling appointments, catching the train, going to the office, coming home, etc.

Physical linear time is the measurement of relative motion of heavenly bodies, such as the Earth and the sun, divided into convenient units, and psychological linear time is the sense of how much physical time has passed or will pass in the future.

Of course there are variations in the measurement of linear time. The ancient Maya people had a different calendar based on the movement of other heavenly bodies besides the Earth and sun.

Psychological linear time is a bit more tricky because it is not really linear, but rather, a perception of linear time. You have a sense of what five minutes feels like. Perhaps five minutes ago you were reading about the nature of God. You remember what that felt like and you have a sense of the time that went by since you were on that part of the book. (Of course, you might have been doing something else five minutes ago.)

You also have a sense of what you will be doing five minutes in the future. You might be reading the next section of this book, or are already contemplating getting up and making yourself a cup of tea, etc. If you have an appointment in an hour, you might have a sense of how far away that is from right now.

We think you have a pretty clear picture of linear time, so let's go to the next concept.

The Reality of Nonlinear Time

This may not be the most appropriate term to describe the second kind of time because in some ways this realm is actually timeless. Yet from this place, you can observe the totality of linear time. Nonlinear time has been called “vertical time” or “momentary time” and involves the idea that there is a realm of existence wherein you are capable of stepping out of the dimension of linear time and seeing past, present and future simultaneously. From this higher point of view, you would not actually see a single timeline going from the past into the future, but rather, a “dominant timeline” that consists of those events and experiences that are “witnessed” by multiple souls on Earth (and other places), combined with what are called “possible and probable realities.”

Quantum physics has essentially proven the existence of nonlinear time, as well as the idea of possible and probable realities. You could say that these are the things that might happen or could happen depending upon the free will decisions of human beings (and others).

There is one school of thought on nonlinear time that posits the idea that all these parallel realities arising from possible and probable timelines actually exist in some other level or dimension. For example, there could be a parallel reality wherein the Earth was destroyed by nuclear warfare in 1980 or another where peace and prosperity came to the Earth in 1990. As soon as one or more souls formulate a strong intention to create in a particular direction, using free will, the possible and probable realities “collapse” into a dominant timeline. This is based on the uncertainty principle of quantum physics wherein a particle behaves like a wave, with infinite possible locations, until it is observed, in which case it behaves like a particle with a discrete location.

In my workshops, I often use a simple and trivial example of this. Suppose I am sitting in front of an audience and there is a table with a recorder and glass of water on it. There may be an infinite number of possible and probable realities existing in the next moment. I might choose to stand up and walk away from the table. Or I might choose to touch the recorder, or look to see that it is working. Or I might adjust the glass of water, or move it to the right or left. Or I might pick up the glass of water and take a drink. Until I make a decision (intention), any of these realities are possible. But as soon as I formulate a single intention in any one direction, the possible realities collapse into a dominant reality. For example, I am thirsty and decide to pick up the glass of water and take a drink.

Obviously, the creation of possible and probable realities can become quite complex, especially if I am not committed to taking a certain action. Maybe I am mulling over the idea of taking a drink, but am not really serious about doing so. In that case, there may be a lot more energy on taking a drink than on, say, moving the recorder, but the reality of drinking the water is just probable, not dominant.

Let us repeat the scientific explanation of nonlinear time in a slightly different way for those of you who are not technically minded.

In quantum physics, the uncertainty principle essentially states that a particle (event) exists in a state of flux, having characteristics of both a particle and a wave. Until the particle is acted on (observed), it could be virtually anywhere within the medium or container (a wave), but as soon as it is interacted with by the observer, it displays itself as a single entity with a location (a particle).

To sum up this idea, your next experience, thought or action could be anywhere within the infinite field of possibilities, until you decide on a course of action or direct your perception in an ordered way.

What makes the creation of timelines more complex and interesting is the idea of collective

realities. If groups of individuals decide to all create the same thing, this energizes the waveform of possibility and greatly increases the probability of things manifesting in the intended direction. Group creation has a nonlinear amount of power and energy. You cannot say that 1,000 people all focused on world peace make it ten times as likely to happen as having 100 people focused on world peace. In reality, it is a logarithmic or exponential function. This might mean that 1,000 people focused on world peace might increase the probability of having world peace by a factor of 83 times over the effects of 100 people meditating on world peace.

In addition, not every soul has the same degree of creative power. A soul vibrating in what I call “fifth density” might have six times as much power as someone vibrating in “fourth density.”

In summary, nonlinear time is a real aspect of creation. This has been proven in quantum physics. However, our minds are not designed to perceive nonlinear time and so the concept may be difficult to comprehend.

Related to the subject of this book, Earth history, you could say that we carry the entire history of the planet (in fact, the universe) within us, but that does not mean each of us is able to immediately access that history. From a nonlinear point of view, all of history is happening now. We do not expect your brain to be able to comprehend that last sentence, but we said it anyway.

The idea of nonlinear time is that everything is happening in this “eternal now moment.” In fact, from a nonlinear perspective, now is the only time there is. We can actually prove this because every time you think about the past and the future, when are you doing this? Now. I challenge anyone to show me the past or future. Where is it? Underneath your computer or hard-copy book? In the next room? No, you say. The next room is in the future because I am going there next when I finish reading this. Really? What time will it be when you get there? It will be now.

In linear time, it will be later, maybe five or ten minutes later, or an hour. But in a nonlinear sense, it is always now.

Perhaps you’ve seen those signs in taverns and bars that say, “Free beer tomorrow.” How many beers do you think they have given away? Would they still be in business? When tomorrow comes and you go back to the tavern, what time is it? What does the sign say? That’s right; it is always tomorrow when the beer will arrive. In essence, tomorrow doesn’t exist. It is an idea or concept about what life will be like once the Earth has made another rotation on its axis.

The majority of this book deals with linear time and primarily the portion of linear time that pertains to the history of Earth. However, it is useful to keep in mind that time is different in higher dimensions and that it is possible to experience the past and future right now in the present.

Hopefully, our journey through time here will assist you in reawakening parts of yourself that may have long been dormant. Each of us has a history, not only since birth, but of the collective unconscious, or race mind of humanity. Within our cells is the genetic history of our ancestors. As you go through the chapters, you will also see that there is much more contained in our genetics than just our family lineage. We encourage you to keep an open mind at all times no matter how fantastic some of the ideas might seem to be. Investigate and explore, as we said in the introduction.

As mentioned earlier, it is a misconception that the path of humanity has been a linear progression from primitive, limited awareness to more intelligent and sophisticated technological understanding. While this may be partially true over the last ten thousand years, looking at a much wider spectrum of time reveals many peculiarities and seemingly nonlinear or quantum

events (mutations), as well as interventions from other realms, which we shall explore together in future chapters. Before we dive into the linear history of Earth (and its mutations), let's give some more background information on the nature of creation.

Light, Dark and the Dance of Duality

The story of duality is a difficult one to convey in Earthly language. You might think it would be simple and straightforward, but there are a lot of levels and dimensions to the universe, not just within the higher levels, but the lower ones as well. Also, there are a number of definitions for the basic words "light" and "dark." You have the literal meaning of "light," which is illumination, either physically or on some other level or dimension. Then you have the concept of enlightenment, or the illumination of the mind. When the light comes to a human mind, you could say that such a soul is able to perceive reality directly, without the distortions and illusions of limiting belief systems. So you have the light of understanding and the light of truth. We will have more to say about enlightenment later in this book.

In past writings, we have gone into the nature of reality and truth, but for the sake of those readers who are joining us for the first time, let us define reality as that which is perceived by one or more souls, and truth, as what is actually so about any given reality or realities. In this sense, truth is all-encompassing and may include any or all levels of reality.

To put this another way, let us return to an idea we illustrated way back in the first chapter of the first book over 20 years ago. Suppose two men (or women) each have \$1,000.00. The first man believes he is poor and barely has enough money to meet his needs, while the second man believes he is rich and that \$1,000.00 is more than enough. These two souls have very different realities, but they have the same truth. The truth includes the fact that each man has the same amount of money and that each man's perception of that money and what it means to him is different.

Keep in mind that reality and truth can be perceived as being within the self or outside in the world (universe). From one perspective, there is no actual difference between inner and outer reality. In so-called "normal" perception, we divide these into subjective and objective reality.

There is also a perception that everything we see "outside" of ourselves is actually a projection of our own consciousness.

In-between the idea that everything is within, and the perception that there is a real world "out there" independent of our perception, is the idea, backed up by quantum physics and string theory, that the world "out there" does not exist in the way we perceive it, but is actually just pure energy, configured by consciousness, appearing solid and real, but in truth simply a field or wave of possibilities and probabilities existing in a sort of flux until acted on by consciousness. This model of reality is supported by the uncertainty principle of quantum physics and is why techniques such as timeline healing (described in previous books) are able to work effectively.

All of these perceptions of reality are contained within what we call "truth." While truth itself remains a constant, the realities within truth are constantly changing. The analogy given in previous writings is that of the fractal, a geometric progression arising from what in mathematics is called a "recursive function." A complex number recursive function generator, such as the Mandelbrot Set, produces a continually changing pattern of geometries, yet the function remains constant.

Obviously truth consists of both constants and variables, which in turn are projected onto what we call "outer reality" (and what we call "inner reality" as well).

In this book, we will make an assumption that the way we perceive everything in the “outer world” is a reflection of inner states of consciousness. In other words, we give meaning to everything we see and experience. We are powerful creators, created in the image and likeness of our Creator, as it states in the first book of Genesis in the Bible. We are capable of creating heaven or hell, depending on how we interpret the human-made reality (as well as the natural world).

There are many models of reality, including the idea that we live within a holograph and that everything we see is part of this holograph (a concept similar to the one given in the movie “The Matrix.”)

The above summary of reality and truth will be useful throughout this section, as we look at the largely subjective ideas of light and darkness.

The Various Definitions of Darkness

The meaning of “dark” is a bit complicated since there are many different ways of perceiving this idea. You have the basic contrast of bright light and dark shadows displayed everywhere throughout the universe. You could say that the stars are light and the space between them dark, based on human perception. In this form of light and dark, there is no judgment, no comparison. You do not say that the light is better and the dark is worse; you merely note the difference, the contrast. From a physics perspective, outer light belongs to the narrow band of the light spectrum measurable by our senses, and dark belongs to the infrared or ultraviolet part of the spectrum or to that part of reality that is unable (or unwilling) to reflect light back to the perceiver.

There is another meaning of “dark” that can be defined as ignorance, or being caught in a state of illusion. It is the opposite of enlightenment. Think of a dark cave with its hidden mysteries. As long as no light shines upon it, things will remain shrouded in darkness. But as soon as the light floods the walls and corridors of the cave, all manner of things that once were hidden are now exposed. This definition of “dark” will be utilized many times in this book, especially when talking about the time period in which humanity currently exists.

Humanity has entered a period known in religious writings as “Apocalypse.” This word means, “The revealing of that which has been hidden,” or the shining of light upon the dark caves of ignorance. To some it seems a frightful time when negativity is surfacing in all its monstrous and horrible ways. But in reality, the negativity on Earth has been here for a long time and we are just now becoming aware of it in a more direct way (due in part to modern technology such as the Internet and also due to our expansion of consciousness that includes things we were once fearful of perceiving.) We will have more to say on this later.

The third definition of “dark” involves equating it with “evil.” This implies judgment — that some parts of the creation are good and some are bad. There is an extreme danger in adopting this definition of darkness. Let us explain.

The author’s definition of evil is related to this view of darkness, but evil is not actually synonymous with darkness. Evil, in this writer’s definition, is a state of consciousness that judges creation and separates it into different aspects. Evil judges some aspects as more worthy of God’s Love than other aspects. This is far different than simply perceiving some things as being more desirable than other things or having preferences for some things over others. The consciousness of evil believes there is something “wrong” with the creation and that parts of it need to be fixed (killed, eliminated, held back from evolution, etc.).

Those who are locked in judgment believe there is an enemy to be overcome. They are at war with that enemy. They might believe they are of the “light” and are attempting to battle

“darkness.” This may perhaps lead to the state of darkness wherein such souls intentionally attempt to prevent others from growing and evolving, because such souls perceive others as the enemy. This “enemy” may seem to be a threat to their belief systems or cherished thoughts, and not just a physical enemy.

If we define “positivity” as that state of consciousness whereby energy and attention are directed toward those viewpoints, perceptions and activities that promote soul growth, happiness and well-being, and “negativity” as anything that actively or passively opposes or hinders soul growth, happiness and well-being, then we could define “darkness” as “A state of consciousness whereby one or more souls intentionally acts or intends to retard the progress of evolving souls on Earth (or elsewhere).” Such souls could be called “dark ones,” “dark Lords,” “dark forces,” or “dark powers,” as the case may be.

Many “light” groups call these dark forces “the enemy.” But remember that any time you set up one aspect of creation to be better or worse than another aspect, you are falling into the trap of darkness, thus keeping yourself locked into the drama of duality.

How do you tell the difference between judgment and preferences? How do you simply choose a path to enlightenment without battling the darkness? The key is in how much emotional investment you have in a particular outcome. If you simply see, feel and know that a particular path is right for you and choose not to follow a path that hinders your growth, there is nothing judgmental about that. However, if you have an emotional investment in things turning out a certain way and you react angrily or with hostility toward a different way, then you are stuck in judgment and hence, “darkness.”

As you observe the behavior of souls around you, pay attention to how you feel. We are not saying you should lack compassion or empathy for those who are suffering, but we are suggesting that you remain detached from the drama. When you can look upon the murderer and rapist with pure unconditional love and not react to their behaviors, you have transcended judgment.

Of course, this does not mean you are condoning their behavior. In certain circumstances, you may be guided to intervene or prevent certain behavior, but you are doing so without emotional investment in the outcome.

A Quick Psychological Look at the Dark Ones

An intelligent seeker on the path might ask the inevitable question, “Why would any soul intentionally seek to hold another back from progressing on the path of happiness and well-being?” Here, we are not talking about the irrational behavior of one who is temporarily angered and might utter phrases such as, “I hope you die. I hate you, I hate you, I hate you!” Underneath the hurt and betrayal of one who utters such venom, there could be a basically loving soul who sincerely wants the best for everyone involved in this particular drama, although that loving part has been temporarily obscured by anger.

Rather, we are referring to what some have called the psychopathic mindset; souls who carefully and strategically plot to destroy or prevent the evolution of humanity, or at least certain members of humanity. This has been a taboo subject for a long time on Earth, but in this book nothing is taboo. We are here to expose everything, from the sublimely beautiful to the grotesque and ugly. Within these pages, we will look at the two major factors that give rise to evil and darkness. Unless we look directly at these realities, we cannot and will not transcend them and return to our true state of paradise and ecstasy. (Yes, after we examine Earth’s history from a higher perspective and expose many of the things that have been suppressed or distorted, we will

look at exactly what is necessary to attain a state of supreme enlightenment.)

So let's repeat the question. "Why do some souls intentionally try to hold back other souls?" In order to answer this question, we will go into greater detail on the nature of Original Cause (also called original sin). We have explored this subject before in previous books, but we feel it is necessary to take another look from a little different vantage point this time. Throughout the rest of Part 1, we will give this background information so that when we talk about Earth's dominant timeline, the various events and experiences will make more sense.

All Things are Densified Forms of Spirit

Before we begin our chronological, linear time journey through history, let's set a few things straight that have been misunderstood by most human beings, including a great many spiritual teachers.

To review, everything is spirit. The particular narrow band of the light spectrum visible to human eyes represents a specific vibration of spirit known as physicality. You will note, from looking at the light spectrum, that there are vast areas within the infrared and ultraviolet parts of the spectrum that cannot be seen with the physical senses. In other words, the spiritual universe is infinitely larger than the physical universe. While scientific instruments can measure some aspects of the non-physical part of the spectrum, there are vast levels and dimensions that have never been accessed by modern *Homo sapiens*.

The idea that physical bodies are less spiritual or less worthy than higher spiritual levels of being is erroneous. This concept, perpetrated by the church and political leaders, is designed to keep you enslaved and subservient to the privileged class (i.e., the priests, kings, etc.). As long as you believe you are a miserable sinner living in a sinful body that lusts after sensual and sexual experiences (that have been judged as "bad" or "wrong"), you will not reach a state of love and compassion for all things (including physical bodies and sexuality). The physical body and its desires are no less spiritual than anything else. All is part of God. If your body were the body of God, would you cut off your hands because you hate what they do? At the highest level of consciousness is unconditional love, which loves all parts of creation equally.

Once again, our definition of evil involves a state of consciousness whereby some aspects of the creation are judged as being less worthy than other aspects of creation. Judgment keeps you locked in the separation and is the root cause of all misery and suffering. The world would be a very different place if all souls were considered to be of equal value. It is possible to treat everyone with equality and still honor the individuality, diversity and variety that define human existence.

The bottom line is that in order to transcend the duality of light and dark, you must learn to have unconditionally loving acceptance of yourself and others. Later in this book when we talk about ascension, we will revisit the ideas given here. Now it is time to move on to a few other background concepts before we jump into a time machine and go back to the beginning of creation.

The Evolution of the Soul

Next, we will take a look at the multidimensional nature of the soul and the manifest creation. You will find a more detailed description in the book "*Soul Integration*," also by this author in

collaboration with his spirit guides and teachers.

The Universe and all Souls, Planets and Stars are Multidimensional

This universe consists of 12 dimensions, plus a void or unmanifested region, which could be called the 13th dimension. We realize there are other model systems, some containing 7, 10, 20, 144 or more dimensions. For our purposes, we will use a base-12 model that will be explained briefly in different ways throughout this book. For a more detailed description of the 12-dimensional model of the universe, please refer to the earlier works by this author that were mentioned in the Preface.

The soul is essentially a seventh dimensional construct. Within the first seven levels of the universe, souls who wish to experience a given realm must create (or have created for them) a vehicle suitable for experiencing that level. In your third-dimensional world, that vehicle is an animal-like physical body with similar characteristics to the common mammals that naturally inhabit your world.

It has been mistakenly believed that your human form evolved directly from the apes. While your DNA is very similar to the ape, your physical form is not the result of a mutation occurring along the natural stream of animal evolution.

The human form was “seeded” from a DNA blueprint created by a group of Creator Gods, known as the Founders. This author has been in contact with one of these groups of Creator Gods and has obtained much of this information from them. If you wish to call them extraterrestrials, that would be a correct term, since they are far beyond what could be considered “terrestrial.”

You Experience the Level of a World that Corresponds to Your Level of Consciousness

All life forms that exist in a given plane or dimension are programmed to be able to withstand the environment into which they are incarnating. Think of the physical form as being a bit like choosing a car to drive. Before incarnating into this world, you select a model and size appropriate to what your soul desires to learn while on Earth. Unlike a mechanical vehicle, your soul embeds itself into the physical form by extending a small part of itself into the main centers (chakras) of the body. Although soul energy is distributed throughout the body, it tends to concentrate around a point above the heart and a point near what is commonly called the “third eye” in the center of the forehead. There is also a significant amount of soul presence in a region of the solar plexus. (In the book *“Soul Integration,”* there is a detailed description of how the main part of the soul extends a tiny portion of itself into a physical body.)

As stated above, you choose a vehicle that is appropriate for the journey your soul wishes to experience. The realm in which you are incarnating is a sort of matrix, or system of energetic coordinates, an electromagnetic map, roughly. The form is engineered by the masters of DNA, the Founders, to match the energetic matrix of the environment into which the soul is entering.

Normally, a soul enters a specific realm and continues incarnating into that realm until he or she has learned everything the soul desires to learn about that realm. This may amount to one lifetime or hundreds, depending on the rate of comprehension and integration of lessons as well as the magnitude and scope of the individual desires of the soul. The lower the dimension, the shorter the lifetime (generally), due to the increased amount of entropy in the lower worlds.

Unfinished business, meaning soul lessons that are not completed within one lifetime, are carried over into subsequent lifetimes. This is the true definition of “karma,” although it is often

confused with the law of cause and effect. You could think of cause and effect as “instant karma,” but we prefer to differentiate these specific principles.

Returning to our discussion of how souls incarnate, let us briefly examine the differences in how incarnation happens through each of the lower six dimensions:

Level One — Rock/Mineral Consciousness

It might seem we are taking a pantheistic approach to Creation, and in fact, there is some truth in that model. Everything has consciousness, just as everything contains energy in one form or another.

In level one, mineral/rock consciousness is embedded into the world receiving it, usually through chemical processes or reactions. When an element or compound is created, you could say that the consciousness of that element or compound begins its experience of that first density realm.

Although human souls can project a part of their consciousness into rocks and minerals, and have some sort of experience of the consciousness of that rock or mineral, human beings do not actually incarnate as inanimate objects, nor do they return as plants or animals, as is erroneously believed by some cultures.

Level Two — Plant Consciousness

In level two, a DNA blueprint of the intended plant is seeded directly into the strata or environment of the receiving planet. This can occur through differentiation of light keys and codes from higher dimensions, through spores, migration on winds, seeding by extraterrestrials, or through mutation of existing plant structures. In this case, the “spores” we are talking about include much more than the common biological definition. Any carrier of the light keys and codes of biological life forms can transmigrate from other levels, dimensions or worlds. These spores can be transported through time and space, from worlds within the lower seven dimensions, and within the vacuum. Contrary to the theories of your scientists, they are not usually produced from a certain “magical” combination of inorganic elements, or sparked by lightning or some other sudden electromagnetic impulse (although this can happen on occasion).

Various configurations of DNA are created in an environment akin to a laboratory, with lots of experimentation, by creators at all levels of the higher dimensional continuum. One such group consists of the “elementals” or nature spirits. Even your scientists on Earth are attempting to create new life forms by splicing genes and developing new propagation techniques. If a group of Creator Gods is truly evolved, such experiments will be conducted in an honorable way that respects the free will of all creatures, including minerals and plants.

Level Three — Animal Consciousness

In level three animal consciousnesses, the process is similar to that of plants, as far as introducing new species is concerned. The propagation of existing species happens through ancestral, genetic recombination on the biological level. Life is carried through the incarnation of an animal spirit, animal soul or “totem” into the womb of a mother. Generally animals incarnate repeatedly into the same species while a part of the animal soul remains on a spiritual level.

Although it is possible for animals to incarnate as different species, this is rarely done, as it requires a change in the DNA blueprint. An analogy would be trying to breed an apple tree using

orange seeds.

As you will see later, genetic experimentation through cross-breeding of different species was allowed during the time of Pangaea, about ten million years ago, but had undesirable results.

Animal forms evolve slowly into more and more complicated and complex configurations. The direction of this evolution depends in part on the environment of the particular world where the evolution is taking place.

Until recently, human beings chose third density animal bodies for incarnation. The higher level consciousness of the soul would embed a small part of itself directly into the animal form, blending and merging the higher aspects with the animalistic processes of procreation, competition, etc. Scientists call the lower animal mind, the “reptilian brain.”

Level Four — The Enlightened Human

In this case, we are using the term “enlightened” broadly, meaning a human being who has evolved beyond the purely animalistic tendencies (procreation, competition, raising a family, etc.). On planet Earth until recently, souls were allowed to incarnate as third density animalistic human consciousness, but Earth has now been officially designated as a fourth density planet. This means that only souls who have evolved into fourth level or higher density are allowed to incarnate on Earth at this time. Those incoming souls who desire a lifetime completely immersed in third density consciousness must incarnate on other third density planets.

If your soul evolution has reached fourth density consciousness and you desire to experience soul lessons on Earth, you will incarnate into a fourth density human body (through your mother’s womb).

The ancestral genetics of the *Homo sapiens* body will be a reflection of several factors, including (1) the biological evolution of the human animalistic form through a process similar to Darwinian evolution, (2) the past-life experiences of the incoming soul, and (3) specific requests made by the incoming soul in order to facilitate what the soul is coming to Earth to learn.

The human soul embeds itself into the *Homo sapiens* animalistic body and experiences all of the various attributes of that body. You could say that every human being is both animal and spirit. In fact the term “human” comes from “hu” and “man,” meaning God and material form, or God embedded within humanity.

Level Five — The Etheric Crystal Light Body

Some souls are evolving into fifth density consciousness. While normally souls complete a lifetime in one dimension before moving on to another, there are exceptions in the case of “physical ascension.” In physical ascension, a soul moves from fourth density to fifth without giving up the physical vehicle. Physical ascension will be discussed in detail in a later chapter.

Souls already vibrating at fifth density before incarnation can come into a fifth density world, including the fifth density realm of Earth. In this case, they still come in through the womb of a mother, but the gestation and birth processes are a little different and the fifth density child grows up much more quickly and gracefully than with fourth density children.

Level Six — The Causal Light Body

In level six incarnations, the incoming soul is able to enter directly into the causal realms without coming through the womb of a mother. There is still a learning/growth curve for the

incoming soul, and the soul “grows” to some extent from a child into a mature adult body, but there is little or no dependency on parents or other adults during the sixth density soul’s “childhood.”

Sixth density souls choose a sixth density vehicle in order to experience sixth density worlds. Since Earth has a sixth density, souls can enter the causal realm of Earth and have a full and direct experience of that realm.

Sixth density souls have a fully formed Merkabah light vehicle that allows them to travel through time and space without the need for a mechanical transport device, such as a spacecraft.

Level Seven — The Soul Body

Beings in seventh density are able to choose whether or not to manufacture (create spontaneously) a vehicle with which to explore seventh density realms, or if they want to remain unincarnated as pure soul essence (seventh density beings without seventh density bodies).

The highest level of Earth is seventh density, which means that seventh density souls can incarnate directly into this level of the planet.

The Mechanics of Incarnation

Between incarnations, the soul and its karmic guardians and soul family members in the higher planes decide what level or dimension will best facilitate the continued learning of such soul. An appropriate body is then programmed into the matrix for that particular level or dimension. If the soul is entering the lower four dimensions, the method of entry is typically through a mother’s womb as a result of normal sexual intercourse. On occasion, a fourth density soul may be able to implant itself in the womb of a mother without the need for intercourse, or can be seeded through intervention by an extraterrestrial race, as in the case of some abductions wherein the abducted human becomes pregnant and gives birth to a human/alien hybrid.

Once the soul is ready to start incarnating into a particular level or dimension, the DNA blueprint is infused into that realm. If the soul is entering the fifth dimension (etheric crystal light body), he or she still enters through a humanoid being (a mother existing in the crystal light body state), but conception can occur with or without a male partner and the gestation period is usually much shorter than with fourth density conception and pregnancy. Normally, in a fifth density incarnation, both the mother and incoming soul are consciously creating the entry and have communicated extensively prior to entry.

As detailed in the book *“Soul Integration,”* there is a parent part of the soul that remains in seventh density while the lower density “fragment” that wishes to explore the lower worlds is extended via a golden thread of light into the world (through the womb of a mother in the case of the lower five levels). The part of the soul that resides in the human body is called the “primary fragment.” This part can fragment further, as detailed in *Soul Integration*.

Two Forms of Growth: Physical Evolution and Soul Evolution

This topic has never been adequately explained on Earth until now, so we are going to go a bit more slowly than we did while summarizing the information regarding the process of incarnation.

Remember that ultimately, all is One. There is One Spirit embedded in all life forms. This means every life form has consciousness, to some degree. There are no completely “soulless” beings, although there may be some beings who are so dark that their connection to soul seems absent. In such cases, their souls are highly fragmented and very weak.

Differences between the Forms of Growth

Life falls into two categories, organic and inorganic. Inorganic life (typically not considered life at all by most scientists) consists of rocks, minerals and anything solid that is not composed of oxygen, hydrogen, nitrogen and carbon. Although inorganic substances can rightly be considered to “evolve” in a broad sense, we will exclude them from our discussion, except to say that as souls, you are capable of extending a small portion of your consciousness into rocks and minerals in order to experience life from their perspective.

All plants and animals evolve according to the laws of natural selection, in a manner similar to what scientists have discovered. What they have not been able to measure is the spiritual energy infused into all plants and animals.

To differentiate spiritual and physical evolution, let us more accurately define each type.

Physical evolution consists of cellular division, adaptation and mutation whereby simple cellular structures become more and more complex over time, eventually resulting in creatures such as primates and cetaceans, the most physically advanced species on Earth. However, physical evolution does not stop until it reaches seventh density. This means all plants and animals on Earth are capable of vibrating at densities up to and including seventh density. There is even a seventh density version of rocks and minerals. Remember that all life forms in all densities have a “spiritual” essence within them, although it may not resemble the human soul.

Souls incarnating into these evolving life forms have as their intention, the experiencing of the various levels and dimensions. As a result of learning all about life in the seven lower dimensions, souls acquire knowledge and wisdom. The process of acquiring life experience in the lower seven dimensions is called soul evolution.

Soul evolution consists of learning various “soul lessons,” such as the meaning of conflict, forgiveness and how to express unconditional love. One very popular soul lesson involves the entrapment of higher consciousness in lower density life forms through a process known as “Original Cause.” In this lesson, souls go from experiencing their natural essence as seventh density creations with unlimited abilities and freedom, to becoming encased in lower density physical bodies that are incapable of flight and other higher density attributes.

If souls were able to remember their true state as seventh density essence this would not be a problem, but when they enter the lower densities, they tend to “forget” who they are and become completely identified with the lower realms. They start to believe they are a body or body/mind complex, and feel lonely and cut off from the Source. There will be a lot more on the subject of Original Cause upcoming.

We are going to summarize the discussion we had earlier regarding density levels. Although some of the information is repeated, it is given in this section from a slightly different angle than what was given above. We think the information is important enough to be reviewed regularly, so please be patient and attempt to fully grasp these vital concepts.

Think of physical evolution as the movement from simpler, lower density organisms into more complex, higher density organisms. Think of soul evolution as the process of learning that occurs by embedding your consciousness into these various life forms.

In our prior book, *“Soul Integration,”* we described in detail how souls incarnate and what

causes fragmentation. We suggest you read that book to understand the mechanics of what happens when a soul embeds itself in an evolving organism. We will also spend some more time on soul evolution and ascension later in this book.

Summary of the Stages of Evolution

Below we have summarized the basic life forms in each of the lower six densities plus the seventh:

First density consists of rocks and minerals.

Second density includes plants, from single cell organisms to the most complex, such as trees.

Third density involves animals (excluding whales and dolphins) as well as the unenlightened *Homo sapiens* and related sub-species. Souls who enter a human body and take on an animal consciousness are called “third density humans.” They are primarily preoccupied with survival, procreation, and competition for “scarce” resources as well as approval/admiration from fellow third density humans.

Fourth density refers to enlightened humans, whales and dolphins. Souls can enter a third density human form and evolve into fourth density consciousness, or they can enter a fourth density human as already evolved fourth density souls. This is the process occurring now on planet Earth.

Fifth density means the etheric crystal light body. These are bodies designed to operate in the fifth dimensional planes, or etheric realms. Earth has a fifth dimensional level, the etheric Earth, which is best experienced by taking on a fifth density crystal light body. At the present time, humans can evolve directly from fourth into fifth density or, if they have evolved previously on other planets and have reached fifth density, they can incarnate here directly into fifth density light bodies. The process of entering a fifth density light body occurs in the same way as it does for entering a fourth density body — that is, through the womb of a mother. However, fifth density pregnancies are always consciously planned with communication between the mother and incoming soul. The gestation period in such incarnations is much shorter than the 36 to 38 weeks common in third and fourth density pregnancies. Also, the child born into fifth density grows much faster and learns much more quickly than third and fourth density human children.

Sixth density refers to the causal light body and Merkabah vehicle. These are sixth density souls who have either evolved up the ladder from fifth density or have entered directly into sixth density causal bodies. They experience the sixth density causal plane of Earth, a realm of almost pure light, based on crystals and geometric patterns. Sixth density souls do not require a mother’s womb in order to incarnate. They can manifest themselves directly into sixth density by dropping their vibration down from seventh density and materializing a crystalline light body form from the causal “substance.” The mechanics of how to do this are beyond the scope of this book and probably beyond the ability of your Earthly languages to adequately describe.

Seventh density pertains to the soul and the unlimited, fully evolved light body. Souls originating in seventh density can either remain there in pure essence (unembodied state) or can assume a seventh density light body that enables them to have a much wider range of experience than they can have as pure spirits. Souls can either evolve from sixth to seventh density (and all souls eventually do, except for the few who go through second death, a topic that is explored in prior publications), or go directly from pure essence as unmanifest souls into seventh density light bodies. This process is much like putting on a piece of clothing since there is no change in level of vibration required. Seventh density souls can go in and out of seventh density bodies at will, at any time, instantly. Seventh density bodies are essentially unlimited and can fly, teleport,

telepath, etc.

To repeat, all physical life evolves from first through seventh densities, while souls evolve typically from levels three through seven. In other words, souls choose to experience levels three through seven (and to a lesser extent levels one and two) in order to gain wisdom and understanding.

All physical life must have some degree of spirit (soul essence) embedded within it or it cannot survive as a life form. As explained in *“Soul Integration,”* there is no such thing as a soulless life form, but there can be life forms with very little soul energy embedded in them. This happens through a fragmentation process.

In addition, souls who are highly fragmented may not have enough energy to move out of the negative patterns that are inherent within the lower dimensions. They may accrue significant “negative karma” and spend many lifetimes learning basic lessons such as how to forgive instead of hate.

One of the most popular games on Earth is the drama of oppressor and oppressed. Souls often take turns being one or the other until they learn everything there is to learn about being the oppressor or the oppressed, and then move on to a more evolved state of consciousness.

Note: It is obvious that the physical body can be controlled and suppressed by groups of human beings acting in such roles as police, military, government, secret societies and such. However, highly evolved souls do not let restriction of the physical body stop them from learning whatever lessons there are to be learned and moving on. Freedom is not the same thing as independence. Independence means having the ability to move around unrestricted and to be uncontrolled physically by a governmental entity or authority, whereas freedom is a spiritual state of consciousness whereby nothing happening externally is capable of taking away inner peace and fulfillment. It is well known that there are free people sitting in jails and imprisoned people walking around unrestricted.

The Meaning of Activation — The Dominant Level of Consciousness of a Planetary System

Another concept that may be useful is that of activation — an energetic process of how to bring consciousness into a specific level or dimension of a given world or the universe at large.

In order for there to be a tangible reality in a given level or dimension, such a level must be “activated.” This means the energy and attention of consciousness itself must be imbued within the structure of that particular level or dimension. In the human being, there are 12 dimensions, but only the first four have been activated. As consciousness draws its attention more and more into the fifth level, it will become activated, giving human beings a tangible experience of that level of reality.

In the beginning of Earth, only the first level was activated. This means that beings (in the form of rocks, minerals, gases and other so-called inanimate life) were only vibrating at level one in the density spectrum. Each activated level of a planet contains life forms appropriate to that level. In the case of first density, inorganic life forms are the beings capable of experiencing that level. As the consciousness of God (or more accurately, God expressing as Creator Gods with level 12 consciousness) directs its attention into a level two world, organic life is seeded and begins propagating. This would include single-cell organisms all the way up to complex plants, such as trees. Level activation and seeding of life forms that match that level of being are

actually simultaneous. Thus, the answer to which came first, the chicken or the egg, is that they came simultaneously. As a level is created, those forms of consciousness that match the frequency of that level or dimension also come into existence. They may begin in a dormant form, in what is called potentiality. In some cases, the full manifestation of this potentiality occurs due to catalysts from outside the world where the propagation is to take place.

Catalysts can include help from extraterrestrial beings through a process known as “terraforming.” Essentially, beings from higher dimensions create a perfect environment for the reproduction and flourishing of beings from the matching levels or dimensions of a given world. Essentially, when a planet evolves to a particular level of vibration, beings that resonate with that level are drawn into the sphere of that world through the law of attraction. Life forms do not just materialize, although it might appear that way. There is an agreement between the host organism (the Earth in our case) and the “beings” transmigrating to that world. Scientists on Earth are not aware of this unspoken agreement between a planet and the life she hosts, so they simply determine that “conditions were right for life to evolve and so it magically appeared through some unknown chemical reaction.” Even if they are able to determine the exact sequence of DNA propagation or find the triggers for DNA propagation, this does not mean that life simply happened.

In mathematics, you can have a theory of randomness, but in actuality there is no such thing. Everything is conscious on some level and decisions are made based on the level of consciousness of those participating in the decision. An allegorical reference would be the idea that the Earth reached a second level consciousness and called out to second density beings to come and inhabit her. Such beings set an intention and embedded themselves into the matrix of minerals, gases and such and manifested themselves first as single-cell organisms, then gradually as more complex plant life. The same later happened for animal life.

This can be likened to the idea of incarnation, of spirits hovering above a planet and then, at a chosen moment, descending into the Earth plane. Then, there is the idea, mentioned previously, of spores traveling through the universe and descending into planets that have the perfect environment for incarnation. Although this is not entirely accurate, such an image will suffice for now. From a higher dimensional perspective, you could say that life emerges spontaneously once conditions are right, but again that is not exactly the case. There is always an agreement between the host planet and the essence of life forms, as stated above.

In the higher realms, there is no need for a life form to traverse the vast distances of space and time in order to appear on a given planet. This is because consciousness itself is outside the realms of space and time and can therefore embed itself instantly into any time frame or dimension. It will likely be quite a few more years before scientists on Earth are able to fully grasp this idea.

From a nonlinear point of view, everything has already happened and we are merely waking up to what has already occurred. You could say that we are uncovering the layers of the self that have always existed. From this perspective, Earth came complete with seven dimensions, which we could call the inorganic, plant, animal, higher human, etheric, causal and soul levels. The first level was activated at the Earth's conception (about 4.3 billion years ago), the second level (plant life) around one billion years ago, animal life around 200 million years ago¹, humanoid forms about 100 million years ago, and now the crystal light body (etheric human) is being activated, which is what we call the ascension. At some point in the linear future, the causal body of Earth will become activated, with causal level beings of crystal light (at a higher vibration than the fifth density etheric crystal light beings). Then the higher self of Earth, commonly called Gaia, will

manifest her full goddess self and Earth's evolution will be complete. Or will it? Like human beings, Gaia may continue to evolve into 8th, 9th, 10th, 11th and 12th dimensions, perhaps becoming a star or an invisible source of light (from the perspective of lower density beings).

At this very moment, we can tap into any one or more of the seven levels of Earth and perceive the consciousness of that level or levels. We can also tap into those levels in ourselves and have a direct dialogue with one or more aspects of self that pertain to those levels, regardless of whether or not that level has been activated in linear time.

Do not worry if you are having a hard time grasping the concepts presented above. We are planting “seeds” in your consciousness that will make sense at some future time. The most important concept will be discussed next and we will repeat the idea several times throughout this book in the hope that you will truly understand the root cause of the problems on Earth.

The Original Cause of the Problems on Earth

In our previous book, *“Soul Integration,”* we went into detail on why humanity has fallen to such a depth of darkness and depravity, and offered solutions to ending the constant sorrow and struggle. This book goes into a further explanation of why things are the way they are on Earth, and offers opportunities to see the larger picture and detach from the drama.

Knowing the whole story of our history is helpful in overcoming the sense of helplessness and hopelessness that has arisen from Original Cause.

As part of our exploration, we are going to go into detail on the nature of darkness — what it is, how it arises and its course of evolution (or devolution). We will also detail the means of freeing ourselves permanently from the darkness.

We have determined that it is helpful to understand the evolutionary process as life moves from lower to higher density levels, and to also understand why Earth seems to have stagnated in the lower levels for long periods of time. Actually, there is no such thing as stagnation, only beings taking a very long time to ascend. Earth, since her inception, has seemed to take three steps forward and two steps back along her path of ascension. These “steps back” have often taken the form of civilizations destroying themselves after having reached a certain pinnacle of growth.

The rise and fall of civilizations follows a definite pattern. This pattern represents unhealed Original Cause. In essence, souls evolving on Earth have kept repeating the same destructive patterns over and over, learning perhaps a little more each cycle, until finally there is an opportunity to break the seemingly endless cycle of birth and death. But we are getting ahead of ourselves. Let us back up and take a macro view of the history of the soul.

The Original Blueprint (Evolving from 7th to 12th Density)

The original path for newly created souls (beginning several billion years ago in the case of the “Ancient Ones,”) involved starting life as an individual soul at level seven and then evolving up from there, through 8th, 9th, 10th and 11th densities, until finally becoming a Creator God at 12th density. This is the ultimate destiny of all souls, but many decided to take a detour on the way to Godhood.

A long time ago, after the initial pulse of creation had spread itself outward from the center of everything into the outer (and lower) regions of the universe, souls were created and they stayed

pretty much near the center of creation. They had not yet developed the ability to experience the lower levels of the creation. The Godhead, however, wished to have an intimate experience of everything it had created and therefore devised a way to have “total immersion” in its creation.

The idea of creating bodies or physical vehicles to explore the more physical aspects of creation was part of the grand experiment, and the Founders (Creator Gods) set about to design a blueprint for having an experience of the lower dimensions. To get an idea of what it was like for higher dimensional beings to explore the lower realms, we will take a look at the science behind so-called physical reality.

Scientists, through the study of quantum physics and the holographic nature of the universe, are gradually starting to understand how a part of the creation can extend itself out from its center and have an experience of physicality that seems very real, yet is ultimately an illusion. The fact that everything that appears solid is really just patterns of energy gives scientists the realization that life as it is experienced on Earth is an illusion. The outer world itself not an illusion, but the perception that it is an independent reality “out there” is. This world and the physical universe are merely extensions of the energetic patterns that make up spirit, or consciousness.

As you will see from the description below, it is the identification with the lower dimensions that has caused the problems we are seeing on Earth now, not merely the act of extending aspects of the Godhead, known as individual souls, into the creation. Let us now back up once again and follow the process of early soul development in more detail.

The Early History of Souls

The Godhead differentiated itself into many levels and dimensions. From the 12th dimension came the first individuated beings, known as Creator Gods. These magnificent beings learned how to create individual souls, or sparks of divinity. They created a multitude of beings including the plants and animals, and later the nature spirits (faeries, devas, sprites, etc.). But their greatest achievement was the seventh density soul, from which emerged a humanoid form capable of experiencing the lower seven dimensions more directly. Until about one billion years ago, the forms that had been created were able to experience virtually all of the levels and dimensions including the lower ones, but only a tiny portion of consciousness had successfully entered those levels — just enough to animate them and keep them alive. Most creatures that evolved in these realms had simple biological urges and instincts, and did not have a conscious awareness of their existence.

The Founders created a multitude of seventh density souls. They decided to find a way that these souls could have a conscious experience of the lower realms. They started with levels six and seven and formulated bodies (vehicles of light) in which a soul could extend a portion of itself into those realms.

Extending a part of the soul into the sixth dimension is relatively straightforward and only requires a bit of densification and adjustment to the “heavier” environment. During a sixth density lifetime, a seventh density soul is still very much aware of itself as an extension of the Creator. There is a great deal of love and awareness in sixth density, along with most of the powers and abilities (telepathy, healing, etc.) that are afforded souls in seventh density.

Souls entering sixth density are able to do so directly without coming through the womb of a mother. They simply materialize a body, usually a small child-like one, and then grow into an adult quickly as they learn everything about their new environment.

A sixth density soul may have “parents” or a family of souls that oversee its development and adjustment into its surroundings. The causal light body is crystalline in structure, but emanates a great deal of light. Such a body has features, but they are enshrouded in radiant light. There is no illness, disease or physical imperfection in this level of vibration. Souls can stay in their causal light bodies as long as they desire. They have a fully formed Merkabah vehicle, allowing them to explore many sixth density worlds without the need for spacecraft.

Returning to seventh density is quite easy. The soul just wills himself or herself back to the “home” level. To say it another way, the parent part of the soul in the seventh density “calls home” the sixth density part and the two parts are reunited into a cohesive whole.

Entering into fifth density is a bit more challenging. The etheric crystal light body is still a vibrant, immortal form that does not age or get sick, but it is far more dense than the sixth density causal body. Some of the psychic and spiritual abilities seem to be lost in level five, and it is a bit harder to remember the fullness of seventh density, although fifth density souls are still very much aware of their Creator and the love that exists in the universe.

Fifth density souls are born through the womb of a mother, but every pregnancy is planned, with conscious conception and regular communication between the mother and the incoming soul during the pregnancy. The gestation period is shorter and the baby develops rapidly after birth, gaining an adult perspective within just a few years.

Fifth density souls are usually born into planets that are connected with the larger galaxy and, therefore, space travel is quite common. Since the fifth density soul does not have a completely developed Merkabah, such souls generally rely on spacecraft to move about from planet to planet.

Fifth density souls consciously leave their bodies when returning to seventh density (by laying them aside or dematerializing them), or they ascend directly into sixth density and then into seventh, by transfiguring their crystal light body. The length of time required to return to seventh density can vary, depending on how enmeshed the soul has become in fifth density.

Before we take a look at what happens when a soul goes from the seventh density “home” into the fourth dimension, let us relate a few ideas regarding the nature of souls.

(Note: In keeping with the definitions given in earlier books, “dimension” refers to a plane of existence, while “density” refers to a specific level of vibration of a soul or planet residing or living within a given dimension.)

The Original Trauma

Souls are curious. Why, you ask? There is no adequate answer to that question. They just are. It’s their nature. When you ask someone why they brave cold, fatigue and life-threatening hardship to climb Mt. Everest, people reply, “Because it’s there.”

The answer goes something along the lines of “Try not to think of a pink elephant.” In this case, it’s “Try not to think about exploring the lower dimensions.” You can give warnings all you like, but curious souls will still take on the challenge of straying a long way from home.

A relatively wise soul might ask, “If God is everywhere, then surely God is in the lower dimensions as well.” Good point, and true. But it might be helpful to think of the lower dimensions as construction zones, and you would not want to enter a construction zone without a hard hat and proper clothing.

A better analogy would be that of a complex computer program with a lot of bugs (programming errors). “Wait!” you say. “I thought God was all-wise and all-knowing. How

could He (or She, if you prefer) make mistakes?”

There is indeed an aspect of God that is perfect, unchanging love, complete in every way, but there is also an aspect of God that is learning, growing and trying new things.

The laws of the lower four dimensions appear to be different than the laws of the upper levels. Among these differences is the law of entropy, which states that things in the lower realms tend to wear out and eventually die. There is also an aspect of electromagnetism that makes it very difficult to remember who you are once you are totally immersed in the lower levels.

Think of the law of gravity. It's very real on Earth and holds everyone down (literally), but when you go into space, it becomes less relevant. As long as you are on the Earth, you will be subject to the law of gravity. It's true that there are higher laws that supersede gravity, and it's possible to learn how to use these higher laws to offset gravity's effects. But until you evolve into a level of awareness where you learn to use these higher laws, you are going to be subject to the lower laws whether you like it or not.

When souls originally chose to incarnate into fourth dimension (and third), they were completely unprepared for the shock of how dense things are in those realms. Imagine being your present size and then compressing yourself down to the size of a sugar cube, but with all your feelings intact. Being unable to move, feeling pinned down (that's an understatement), it is all you can do to have any degree of consciousness, let alone remember who you were before entering the lower planes.

In other words, when you first explored fourth density, the experience became so all-consuming that you forgot you were One with God, that you were a powerful, magnificent spiritual being, and instead became identified with this little human body/mind complex.

But wait, it gets worse. You experienced extreme pain, something you had never experienced before you took the plunge into fourth density. Because these feelings were so intense, a part of you decided you didn't like the extreme pain, and you made the “original sin” or “original error” of believing you had done something wrong.

The minute you believed you had done something wrong, you decided that you were somehow being punished by God. In fact, you were having a hard time finding God. That beautiful, expansive loving feeling was nowhere to be found in this new environment. You felt as though you had been tossed out of the Kingdom of Heaven for something you did in error. “If God is punishing me, then I must have done something wrong, I must be bad in some way.”

This was the thought that created the belief in separation, the basis for all pain and suffering. All painful, negative experiences that have occurred since this original experience have been secondary effects of the original error, believing that you were outside of God's Infinite Love and Compassion.

Do not underestimate the degree of trauma experienced during the “fall from grace.” All negative experiences that have occurred on planet Earth (and similar environments in the universe) have originated from this one decision to judge yourself as unworthy of God's Love.

Holding this judgment opened you up to all manner of negative experiences, including the attraction of negative beings already inhabiting the lower realms. As you go through the following chapters detailing the history of Earth, keep in mind that all the invasions by negative extraterrestrials, as well as the control, manipulation, domination and tyranny practiced by those supposedly in control of this planet, began with Original Cause.

Healing of Original Cause

Before you can heal something you must understand it and that is the real purpose of this book, to not only give you an account of what happened, but why it happened and what to do about it.

It's easy to say that the key to happiness and enlightenment is to let go of judgment. While that is true, it is obviously not easy to do or else almost everyone would have already become enlightened a long time ago.

When souls agreed to explore the lower dimensions, they needed a way to grow, awaken and evolve back into the higher dimensions. Embedded within every soul is the "call to awaken." This is a series of programs that represent a solution to the problem of separation. In some teachings, this is called "the Atonement," or simply, "God's grace." In addition, there are myriads of beings from higher levels available to assist humanity in making the transition from being identified with the lower self (ego) to embracing the real self, which never died, but merely became obscured by the intensity of the lower dimensional experience.

Any healing technique that helps the soul love and accept all parts of itself instead of viewing the lower human self as "wrong" is a step toward recovering from the fall.

Because most souls on Earth are still heavily identified with the ego and have a lot of judgment buried in the subconscious mind, it is very difficult to help the masses of people awaken.

The Soul's Desire for Experience

Souls came to the lower dimensions to learn, grow and evolve through the experience of life in those realms. Once a soul is able to view the "fall" as simply a lesson (albeit a very intense one), instead of seeing it as a "sin" or "mistake," that soul is on the path toward healing.

Viewing the problems of life as lessons, or even better, as soul experiences, takes the judgment out of the equation and allows forward progress.

Through various therapies it is possible to feel, experience and express the emotions associated with Original Cause without drowning or getting more entangled in them. By invoking the power and presence of the higher self or higher levels of being that were relatively unaffected by the fall, you can begin moving out of darkness and into the light of non-duality.

Learning to come from the perspective of the higher levels of being in everyday life is the key. Processes and methods that help the soul do this are valuable. That is the primary purpose of timeline healing and other techniques given to this author by his spirit guides.

The most important thing to remember about healing Original Cause is that you, as a soul, are not broken and in need of fixing. This is not about battling the ancient demons of guilt, separation and fear. It is about having a higher understanding of what happened and sending love and compassion into those areas of the self that have been locked in judgment and condemnation.

As we go through each section of this book, we will refer back to the causative factors (Original Cause) that precipitated many of the events and actions that took place during the history of Earth.

We realize that some of our readers have not incarnated previously on this planet — they are here for the first time seeking to help in any way possible in the awakening process. If that is the case, you undoubtedly had experiences of Original Cause on other planets, or this is your first time in the lower dimensions and the trauma of entry is still fresh in your mind.

If that is the case, this material might help you avoid lifetimes of struggle and pain (unless your soul truly wants to experience that, which is doubtful. At any rate, if your soul wanted to

remain in a long period of immersion in darkness, you probably would not be attracted to this book).

No description of early soul trauma would be complete without taking a look at one of the most misunderstood of concepts, that of karma.

The Karma Associated with the Belief in Separation

We have spoken of karma before, but let us once again define it precisely. Karma is unfinished soul lessons often carried over from one lifetime to the next, and in some cases, throughout multiple lifetimes.

The idea is rather simple. A soul desires to learn a particular lesson.

Because of entropy in the lower worlds, the soul's physical body does not last long enough to complete the lesson. Upon leaving the body, the soul reviews its lifetime and comes to the conclusion that the lesson is not yet completely learned or there is more to experience, and so the soul sets up the next lifetime in order to maximize the opportunity to continue learning the lesson.

For example, suppose a young soul wants to learn everything there is regarding oppressing others and being oppressed by others. Such a soul might choose several lifetimes as an oppressor and several as an oppressed.

It is erroneous to believe that you must pay for the "sins" of past lifetimes. That is an elaborate form of guilt. Of course, if you believe you must suffer and you feel guilt, you will indeed experience suffering. But you might realize that a lifetime being oppressed will often follow a lifetime of being the oppressor because the soul wants to experience both sides of the dynamic. From the soul's perspective, one is not better or worse than the other. They are simply two different costumes worn in the same drama.

It could be said that all karma is related in some way to the belief in separation that resulted from Original Cause. However, there is "good" karma, meaning lessons that are pleasing and enriching to the soul, and often the soul desires to continue these "happy" lessons in subsequent lifetimes. So while guilt originally came from the initial descent into matter and is often replayed countless times in successive incarnations, it does not have to be that way.

The Wheel of Karma and the Spiral of Ascension

Souls accrue karma by leaving a lot of lessons unfinished. That karma seems to keep the soul locked on the wheel of reincarnation. While this is not actually true, it might seem that way if the human being is not in touch with the soul. All lessons are eventually learned, although some might seem to take forever (dozens of lifetimes). Once the soul has completed virtually all of the lessons that it desires to learn on Earth (or a similar lower-density planet), the soul is ready for ascension. This means that incarnation becomes entirely voluntary. The motivation for reincarnating is simply to help other souls who seem to be stuck on the wheel.

There are two ways to ascend, which will be described later in this book. Both processes take the soul out of the duality of the lower worlds and return him or her to a state of remembrance of the higher realms. To put it another way, the primary fragment of the soul embedded in a human body reunites with the parent part in the higher dimensions, with or without taking the body into the higher realms directly. Leaving the body behind is called "spiritual ascension." Taking the

body directly into the light is called “physical ascension.”

The Nature of DNA

The DNA is the master program that determines not only the physical characteristics of the body, but also how and when the body will go through ascension. There are 24 strands of DNA comprising 12 double helixes. Only the double helix that represents the physical body is visible to scientists. The other double helixes are “phase-shifted” and have a vibration that corresponds to each of the 12 levels of being. The second double helix (strands 3 and 4) corresponds to the level of the emotional body, the third double helix (strands 5 and 6) corresponds to the mental body, the fourth double helix (strands 7 and 8) corresponds to the astral body, the fifth double helix (strands 9 and 10) corresponds to the etheric body and the sixth double helix (strands 11 and 12) corresponds to the causal body. This process continues throughout levels 7 through 12 of being. (Strands 13 and 14 represent the soul level, 15 and 16 the oversoul, 17 and 18 the monad, 19 and 20 the Christic/Buddhic self, 21 and 22 the individual God Self and 23 and 24 the universal God Self.)

The level of vibration of a soul is determined by how many strands have become “activated.” The macro view of activation was given in the previous chapter. Essentially, where you place your focus determines your level of vibration. If you are attached to the emotional plane of experience, the portion of DNA comprising strands three and four will be activated and the higher strands will be dormant or unused. You will not be able to experience the levels beyond the emotional body until you activate those higher strands by focusing your consciousness on the realities of those levels.

This gives new meaning to the phrase, “Use it or lose it,” when it comes to your inner abilities (or to abilities on any level, including the physical). If you want to ascend (meaning activating strands 9 and 10 of your etheric body), you need to focus on that part of yourself, and develop and nurture it along. You can do this while at the same time giving healing, love and compassion to all the other levels of being.

Your DNA can be programmed by changing your consciousness. If you have so-called “defects” causing genetic problems, by tapping into your higher blueprint for healthy DNA and visualizing this healthy pattern repeatedly (along with doing various healing techniques), it is possible to change the defective pattern, thereby changing the physical condition.

You can reprogram your DNA to immortalize your physical body in preparation for physical ascension. This is commonly called DNA activation, or ascension activation. We will have more to say on ascension and DNA activation later in this book.

Now that we have discussed the relationship between the soul and the levels of physical evolution, let us turn our attention to the history of your Earth. We will start with a brief history of the universe.

¹ Recently, scientists have discovered humanoid remains and artifacts that are dated to 400 million years ago. These were from extraterrestrial visitors who were exploring Earth during a time when there was not yet any animal or human life forms native to the planet. The humanoid form has been in existence for over 900 million years, being engineered originally in the Lyra star system and later in the Pleiades.

CHAPTER 2 — The Evolution of the Physical Worlds

Earth's scientists have concluded that the physical universe began about 14 billion years ago. According to the Founders, this is incorrect. The universe actually began about 20 billion years ago. The event known as the "Big Bang" was the first event that humankind has been able to record using their instrumentation and calculations. Before the Big Bang, the universe existed in another form and dimension that has yet to be detected by scientists.

Cosmological Theories

The prevailing theory is that the universe is constantly expanding and will likely do so forever. An alternate theory is that the universe expands and contracts, which is much closer to the truth. The higher intelligence tells us that the universe expands and contracts symmetrically (in roughly equal phases) in approximately 100 billion year cycles. That means that we are about 40% of the way through the currently expanding phase, the first such cycle for this local universe.

Scientists also say that the expansion is accelerating. If we liken the cycles of the universe to the inbreath and outbreath of God, and use human breath as an analogy, we are at the part of the exhale where the breath accelerates outward, about 40% of the way through the exhale. The breath continues to accelerate until you are about 50% of the way through the cycle of exhale. If you plot the acceleration on a graph, it looks somewhat like a bell curve, with the peak at 50% of the exhale, or about 25 billion years into the master cycle when applied to the universe.

You can also take the swinging of a pendulum as a good analogy. The pendulum stops at the zenith point (in the case of the breathing analogy, at the pause between inhale and exhale) and then accelerates until reaching maximum momentum as it moves past the base point (midway through the exhale in the case of breath).

If this is correct, then in about five billion years, the acceleration will come to a stop and the rate of expansion will temporarily appear constant before starting to slow down. For those of you not so able to comprehend this, here is a summary of the cycle showing the time elapsed since this universe was created and a description of the universal state:

Table 2.1 — Cycles of Our Local Universe

<u>Time Elapsed</u>	<u>State of Universe</u>
0 billion years	universe is in a static state
15 billion years	universe is expanding and accelerating outward
25 billion years	universe is expanding, but stops accelerating
35 billion years	universe is expanding, but slowing down
50 billion years	universe reaches maximum expansion
65 billion years	universe is contracting and accelerating inward
75 billion years	universe is contracting but not accelerating inward
85 billion years	universe is contracting and slowing down

100 billion
years

universe returns to static state

These times are, of course, approximations. A closer calculation of the life cycle of our universe would be 97.238 billion years.

Our Sister Universe

Our universe is a mirror-opposite to another universe that has the opposite polarities and particle types. This sister universe is mostly positrons, with a few electrons, and together, all the positrons and electrons in both universes have a net charge of zero.

Scientists will one-day realize that there must be a sister universe. It is the only way to satisfy the law of conservation of energy when studying black holes.

Think of an infinity symbol, with a black hole at the center of our universe and a white hole at the center of our sister universe. This is the point where the lines of the infinity symbol cross.

Energy moves through our universe, into the black hole, and emerges out of the white hole into the sister universe and back again.

You will note that the electromagnetic and chemical charges for both universes balance themselves out into perfect equilibrium. This brings up the question of thermodynamics. Does the sister universe tend toward greater order rather than disorder, over time? The answer is “yes” but with certain conditions. In our universe, entropy only applies to the lower four dimensions. In the higher dimensions, a process known as “centropy” occurs that is the opposite of entropy. Put in lay terms, in the higher dimensions, things tend to become more ordered over time. You can see this in the higher mind of humanity. People take seemingly random ideas and put them into a cohesive order when looking for patterns and laws of the cosmos.

Another good analogy applies to societies, which exhibit both entropy and centropy at different stages of their development. When a society is focused on higher spiritual principles, order is created along with harmony and love. When the society is focused on lower dimensional attributes, entropy is demonstrated and things become more chaotic over time.

You might find that in our sister universe, it is the lower dimensions that have order and balance and the higher ones that are more chaotic. Something to think about. (We are not going to go into detail on the nature of our sister universe, but just imagine it to be a mirror of our own.)

This discussion of our sister universe could take the remainder of this book, but we have brought up the subject merely to stimulate your thinking. The rest of the story is concerned with what has happened since the Big Bang in our own universe, and more specifically, the last 4.5 billion years.

The Evolution of Biological Systems

According to information supplied by this author’s spirit guides, approximately one in every 1,263 stars has planets with some form of intelligent life evolving on at least one of them. Your scientists have estimated this number to be about one in 100,000.

Planetary systems are quite common. In fact, almost one in every two stars has one or more satellites. In some cases, these are bits and pieces of cosmic debris that have gotten caught up in

the gravitational field of the star, while in other cases, they are parts of the star itself that have been flung out into space, gradually evolving in a manner similar to Earth.

There are actually several ways that planets can form, and we are not going to go into great detail on that process herein. Suffice to say that planet Earth developed in a way typical of many planets.

Earth scientists have estimated that there are over five billion planets in the Milky Way galaxy. Actually, the number is closer to 200 billion. If you calculate the number of stars in the galaxy (about 110 billion), you will see that there is intelligent life on over 90 million star systems in this galaxy (we have approximated the result of dividing 110 billion by 1,263). For the sake of simplicity, we will simply say that almost 100 million star systems have some form of intelligent life existing in one or more of their dimensions.

Of course, most of that intelligent life does not exist in a form that you would recognize, given humanity's rather crude instrumentation. In actuality, there are only about 10 million intelligent civilizations in our galaxy composed of beings that we would recognize if we had a spaceship capable of visiting them.

In the universe at large, there are over 100 billion galaxies. If we multiply the number of intelligent civilizations in the Milky Way by this number, we come up with one quintillion. However, some galaxies are quite young and have very few life forms. In actuality, the number is considerably lower, about six quadrillion, but as you can see, this is an incredibly large number. If you visited a different civilization every day for thousands of years, you would not even get out of our section of the Milky Way, let alone begin exploring other galaxies. Let's summarize with a table of the values we have given, below (we have added a couple more statistics):

Table 2.2 — Intelligent Life by the Numbers

Number of stars in the Milky Way:	110,000,000,000 (approx)
Number of stars with planets:	50,000,000,000
Actual number of planets:	200,000,000,000
Number of stars with intelligent life	100,000,000
Number of planets with intelligent life	250,000,000*
Number of planets with intelligent life we would be able to recognize	10,000,000**
Number of stars in universe	approx 10^{21}
Number of planets in universe	approx 40^{21}
Number of intelligent civilizations	approx 6^{18} ***
Number we could recognize	approx 6^{15}

*The number of actual civilizations takes into account migration from one planet to another, meaning that a similar group of souls will reside on many different planets, having colonized areas of space.

**This includes primarily humanoid, serpentine, reptilian, and a few other groups. The actual number of different humanoid types including various hybrids and combinations of body types is around 100.

***You would think that calculating the number of intelligent civilizations in the universe would be simple. Just multiply the ten million located in the Milky Way by one hundred billion galaxies. However, it does not work that way. Some of the most recently formed galaxies do not yet support intelligent life, while some of the oldest ones only have life in the very highest dimensions, not recognizable by modern scientists.

In some of the above numbers, we are not differentiating between life in the lower dimensions

and life in higher levels of a planetary system. Many planets will look devoid of life if the beings on them have evolved into higher dimensions. There are also beings who do not have a “home” planet, who wander the stars in order to help those who are struggling or who are homeless due to the destruction of their world. In this case, some of them managed to escape but are now looking for a new home.

Let us say that there are about 5,000 planets in our section of the Milky Way that have third and fourth dimensional intelligent civilizations. Eventually, Earth scientists will discover some of them.

The spaceships that have been observed in the skies around Earth generally come from about 50 or less of these civilizations. As stated previously in our various writings, only 23 civilizations have interacted directly with humans during their evolution on Earth.

(Note: In this book, we are not discussing how these civilizations managed to get to Earth, except briefly during the section on zero-point energy.)

Evolution of Intelligent Civilizations

So how have these millions of civilizations evolved? Let’s use percentages to give you an idea.

Approximately 80% of these six quadrillion civilizations are more evolved than human beings on Earth, and about 20% are less evolved. Of course, it is difficult to assess how evolved some civilizations are, because we must take into account level of spiritual awareness, technological achievements, orderliness of society, etc.

Our numbers are based on what this author calls vibratory states, or density levels. The average density level of souls on planet Earth is about 3.60. This means that about 80% of the intelligent civilizations on other planets have an average density above this number.

Another measurement stick we could use involves level of benevolence. The higher the vibration, the more loving and compassionate the race is, to a large degree. However, this is not always true.

Civilizations can be in fourth density (above 4.00) and still have warfare and conflict. It is not until souls rise above 5.00 that problems tend to become permanently resolved and even then, there is always the possibility of falling back into the lower densities. If a civilization seems to be highly evolved, but they have not resolved all of their Original Cause issues, they can once again lose their way.

Let us now return to the geological and biological history of our planet.

The Early History of Earth

Earth scientists have a fairly accurate picture of the age of the Earth, estimating it to be between 4.3 and 4.5 billion years old. The Earth (and many planets like her) was formed out of primordial gases composed mostly of light elements. Although the belief that inanimate objects have consciousness has been largely ridiculed on Earth, all things in the universe do have a state of consciousness. Planets, in particular, are usually seventh density beings, which means they have a presence in each of the seven lower dimensions. As stated above, a planet can have life on any one or more of these seven levels, although we have not included minerals, plants and animals in the numbers we gave for how many intelligent civilizations there are in the universe.

The Two Methods of Determining True Earth History

The discussion of timelines given in a previous chapter, along with our recent discussion of Original Cause and karma, is more than just a rehash of ideas presented in earlier books. We are painting a picture and laying a foundation to explain how we have arrived at the information in this book. By learning how to go in and out of linear reality and view life from outside the so-called normal time frames, we are able to see the multidimensional process of creation. We are capable of traveling through time and space, both by using mental projection/remote viewing and by utilizing our ability to tune into our past and future selves through another quantum process known as the “nonlocality principle,” or “quantum entanglement.” In other words, we can travel through nonlinear “vertical” time and see the various planes and sub-planes of linear time and space spread out before us. From this vantage point, we can see not only the possible and probable realities that have existed since the beginning of Earth, but also which timelines have solidified into the one dominant timeline that runs through linear history.

Put another way, we can see the so-called “normal” Earth as well as an infinite variety of parallel Earths that exist in alternate dimensions, planes and sub-planes.

If all this sounds like science fiction, consider where many of the ideas for sci-fi books, movies and television shows originated. You could say that all this information is readily available in a field of intelligence called the “Akashic records.” It is possible to tune into the various levels and dimensions of reality and perceive not only what is taking place right now anywhere in the universe, but also what has taken place and what will take place anywhere within time and space in the future. In some cases, we might see multiple dominant timelines when looking into the future. In my previous books, I have detailed three dominant timelines that are coming to pass in linear reality, as they pertain to planet Earth. We will go over these briefly with updates, later in this book.

For now, let us summarize the ways the information in this book has been obtained, keeping in mind that because of free will, there is no guarantee that the information is 100% accurate in every level and dimension. Most levels are a function of free will, which can be changed, so in essence, nothing is set in stone, not even the past. This might be hard to imagine with our linear surface minds, but from a higher perspective, the past is changing, just as the present and future are. Think of time and space as infinitely large tapestries with multi-colored threads, each representing a possible or probable timeline. The threads that are the thickest, strongest and brightest are the ones to which we are giving the most attention. This is why concentrated focus and strong intentions are so important when creating the future. Each time we visualize and feel a particular reality, we “activate” or energize that particular reality and make it more dominant in the time/space tapestry.

So how do we determine an accurate history of the Earth? In other words, how can we clearly see the dominant linear timeline going back 4.5 billion years to the beginning of Earth?

First, we go into meditation and contact our higher, nonlinear selves that already have the information we seek. Our higher selves are all-wise, all-loving and all-knowing. Not only do they have memories of incarnations going back into the distant past, meaning first-hand experience of the past, but they have direct access to the Akashic records, where the details of every soul's incarnations are stored as well as the history of Earth. So to get accurate information, the first step is to establish a clear connection with our higher selves and the Akashic energy field.

Another source of information available to us and a select group of channels, telepaths and visionaries, is the wisdom of beings residing in higher dimensions. These include what are

commonly called angels, archangels, ascended masters, enlightened extraterrestrials and such. So to validate the information and cross-check it, we might start out in meditation, going back in time and projecting a part of our awareness into the distant past to perceive what is taking place there. (Notice we said, “What is taking place,” not “what was taking place,” for the former is an accurate statement from a nonlinear frame of reference. In other words, we simply become aware of the tapestries and threads going back through all of Earth’s dominant timelines since the beginning, some 4.5 billion years ago.

Next, we cross-check this information with the perceptions of numerous psychics, clairvoyants, visionaries, seers, mystics, saints, avatars, yogis, spiritual teachers and such. Inevitably, our information will differ and disagree with some of the other clairvoyants and mystics. There are a variety of reasons for this. One of the difficulties in accurately detailing the information in this book has to do with the “frequency barrier” or “frequency fence” surrounding Earth. In past volumes, we spoke of the reasons for this barrier and how both the “good” and “bad” extraterrestrials had a hand in the placement of this restrictive field. We have also reviewed the topic again later in this book.

At the present time on planet Earth, the veils are slowly being lifted, allowing more and more souls access to the Akashic records and telepathic communication with higher beings of light. The number of telepathic channels has skyrocketed in recent years. Because so many of these souls have not yet healed their Original Cause and basic negative emotions, many of them are bringing through distorted information based on their unhealed belief systems and attitudes. Also, a great percentage of the beings residing in other levels and dimensions are not enlightened, and it is relatively easy to establish a relationship with such beings if you have opened your third eye and psychic centers. The law of attraction essentially states that souls attract beings that resonate with their level of vibration, so if there are humans with a lot of unresolved fear and anger, they might attract spirit guides, astral beings and extraterrestrials who carry a lot of fear and anger. Such beings are hardly trustworthy with information such as what is being presented here.

Another difficulty with transmitting this information accurately has to do with the sheer complexity of energies that have interacted with the Earth. This would include positive and negative energies streaming forth from beings and from the cosmos itself, positive and negative thought forms floating in the mental and astral planes and of course, positive and negative entities actively communicating with human beings through telepathy and other means. Add to this the numerous visitations by extraterrestrials coming in spacecraft and interbreeding with humanity, as well as those manipulating the DNA of human beings from other dimensions, and you have quite a mess on your hands.

Many channels and teachers think of humanity as a bunch of lab rats. Although this is only partially true, such experimentation on the human race that has taken place over millennia factors prominently in the equation. This includes those races that do not want humanity to know the truth about its past. For example, civilizations have risen and fallen repeatedly over millions of years. There are several times when we were more advanced technologically and spiritually than we are now. The so-called forces that be, the ones who think they are in control of the Earth, want us to believe that we are at the pinnacle of our progress as souls on Earth. While this is true on one level, there are many levels where we have fallen and have yet to get back on our feet.

One of the central purposes of this book is to detail what happened, why it happened, and how to resolve the descent into darkness that has plagued Earth for millions of years. We have an opportunity now to break the cycle of birth and death, both physically and in the rise and fall of

society. We have an opportunity to reclaim this Earth from the so-called “dark forces” and send them packing. But to do this, we must know who they are and what their motivations are, including their modus operandi (the strategy behind their operations, etc.). In other words, we must expose all who have opposed our evolution into higher consciousness and we must heal the part of ourselves responsible for our re-enslavement and re-descent into darkness that has occurred over and over again.

Although it might seem simple to just shift our perception into the light and embrace the higher levels, the reality on planet Earth is that most souls are unable or unwilling to do this at the present time. The dominant collective reality on Earth is one of helplessness, powerlessness, fear, lack, scarcity, limitation, oppression, control, conflict, etc. The belief systems giving rise to these conditions have a lot of power, because they are created by powerful, spiritual beings (you and me). If there are seven billion co-creators with God on planet Earth, each capable of creating entire galaxies and universes, then you can imagine the scope of the difficulty. This is why the highest and most evolved beings in the universe cannot magically fix the problems on Earth, even if there were no non-interference principle.

In Part 2 of this book we will begin by giving some tables detailing who the extraterrestrials are that have been visiting the planet for millennia. We will also detail the time periods of various civilizations within the dominant timeline of Earth. Next, we will explore specific events that have occurred within the last 100 million years.

All dates given herein are approximations and use the standard dating method BC and AD (Before Christ and anno Domini). We do not use “Before the Common Era,” as that is vague and can give rise to distortion. The tables throughout this book are given in the year 2015 AD.

PART 2 — The Arrival of Humanoids in the Galaxy and On Earth (1 billion to 10 million years ago)

CHAPTER 3 — Extraterrestrials Who have Significantly Affected the Earth

Table 3.1 — A Detailed List of the ET Races

Below we have given the common names of various extraterrestrial groups that have interacted with the Earth in some capacity. A few of these groups have interbred with the root race of humanity, while others have used more subtle means of contact, such as telepathy. Although the list is quite exhaustive, it is by no means complete. There may be individual cases of human contact with star races outside of this list. This is due in part to the wide variety of souls who have incarnated on Earth, coming from all over the galaxy to have the Earth experience.

We have taken care not to duplicate everything in earlier writings, but to give what we feel is most relevant to the subject matter of this book.

The Founders — Beings from the Lyra constellation (Vega Star System) residing in 12D, with a non-humanoid appearance like blue-white stars. The Founders are a subset of the Creator Gods, those souls who have evolved back to 12th density and have learned how to create entire universes, complete with intelligent life forms. They have about 22 human channels at the present time, one being this author. There is extensive information about the Founders in this channel's earlier books.

The Lyrans — Descendents of the Founders — from the Lyra constellation (Vega Star System) residing in 10D — 12D. They began as 7D tall slender humanoids with translucent blue-white radiant light bodies, having oblong faces with almond-shaped eyes, and have now evolved into a non-humanoid state, although they still assist the Earth through telepathic communication with a select group of channels numbering between 30 and 40. They are featured in an artist's rendition in the book, "The Prism of Lyra" by Lyssa Royal. The Hindu god Krishna (a 10D being) is one of the founding members of this star group, although his sub-species do not look anything like the Lyrans described above. Krishna and his assistants have visited the Earth many times to bring higher-dimensional teachings, including some parts of the Hindu scriptures.

Type 1 Pleiadeans — Non-humanoid beings resembling white stars — these beings have a vibration of 10D-12D and are members of Councils of Alcyone, the spiritual headquarters for this region of the Milky Way Galaxy. The Alcyone star system is part of the Pleiades. It is a

trinary system (with two other stars, Alcyone B and C). Alcyone A is the main star. It is a rather young star and became the home of the higher Pleiadeans when they migrated from the Lyra system many millions of years ago.

The Councils of Alcyone are formerly known as the Great White Brotherhood, a series of highly evolved Pleiadeans associated with the Founders and other Creator Gods, who established the center of spiritual government for this sector of the Milky Way galaxy. Over millennia, they have sent their representatives to the Earth, usually as “walk-ins” or overlays of higher spiritual consciousness, meaning that they entered into soul agreements with various human beings to cohabit the physical body in order to bring through advanced teachings to humanity. They would typically start a mystery school, temple of light or spiritual path by inspiring certain human beings across many continents and countries. Today the Great White Brotherhood has “lodges” and temples in numerous places, often under different names.

Type 2 Pleiadeans — White radiant humanoid light beings — 7D, they are the original root race of humanity, overseeing planet Earth at the present time, having an appearance in-between Lyrans and modern-day human beings. They migrated from Lyra to the Pleiades, establishing themselves on three different stars in the Pleiades cluster approximately 100 million years ago, and shortly thereafter began establishing colonies on planet Earth. Although they are capable of space travel without mechanical transport devices, they have beautiful rainbow-colored motherships, which are planet-like environments floating in space, two or three of which are usually stationed in the celestial realms of Earth. They regularly dispatch smaller “scout” craft to supervise the work of the 4D Pleiadeans, who are working with the 7D Arcturians to stabilize the grid system of the Earth.

Type 3 Pleiadeans — Nordic types — 4D, tall, slender, gold hair, blue eyes, white skin, with many contactees including Billy Meier. (Note: Not all Nordic type humanoids originate from 4D Pleiades.) The Nordic Pleiadeans are primarily visiting Earth to educate people about the changes and how to build a new enlightened society. Although they are highly technologically evolved, they are not that far ahead of humanity spiritually. Some of the more well-known members include Semjase and P’taah, who are telepathically received by several human beings at the present time. In addition, these Pleiadeans and their assistants have physically landed on the Earth numerous times and given electronic disks containing vast amounts of technological information to a few select inventors. For obvious reasons, much of this has remained secret until recently.

Type 1 Orions — Mintaka Star System (in Orion’s belt) — These are humanoids resembling modern-day human beings on Earth, with slightly reddish skin, vibrating at 4D–7D, and are members of the Councils of Orion, which is a mostly benevolent organization. Some of them are also members of the Galactic Confederation (discussed later). The 7D Pleiadeans worked with the 7D Orions during the time of construction of the Great Pyramid, which was perfectly aligned with the star Mintaka when it was constructed 12,500 years ago. Today the Mintaka Orions are working to help bring the dark Orions into the light (a daunting task) that in turn will help prevent cataclysms on Earth.

Type 2 Orions — Betelgeuse Star System (located upper left in the Orion constellation from the northern hemisphere and lower right from the southern hemisphere) — humanoids, white, square-like heads/faces, strong bodies, competitive, 3D–4D, refugees from wars in the heavens

over 100,000 years ago who battled the Rigelians. Their descendants on Earth represent one of the most common types of Caucasian humanoid. You will find them in business and commerce, typically managers and CEOs. The males often have muscular “jock” type bodies, with rectangular jaws and wide shoulders. They are aggressive, but not as much as the descendants of the Rigelians.

Type 3 Orions — Rigel Star System (located in the lower right corner of the Orion constellation from the northern hemisphere and upper left corner from the southern hemisphere) — humanoids, red skin, short and stocky (“Rednecks”), rounded and often puffy faces, aggressive and competitive, 3D-4D, at war with the Betelgeuseans over 100,000 years ago. Their descendants are found throughout the world, but primarily in the western regions, including the central and southern USA, the western Mediterranean and Western Europe. The human descendants tend to be fiercely loyal to family values, fundamentalist religion and conservative government. They have a large presence in the military and government contractors, and have members in high places within the Illuminati. (Obviously, not all “Rednecks” exhibit these characteristics. Some are peaceful and enlightened.)

Type 4 Orions — Reptilian humanoids, light green scaly skin, from the Rigel Star System, 3D–4D, occupying astral and physical planes, hostile, malevolent, aggressive, desiring to dominate planet Earth and enslave humanity. There are reports in top secret military journals detailing encounters with these humanoids. They have formed secret alliances with some black-ops governmental agencies in various countries, but they often violate their own agreements in their quest to conquer the Earth. They are one of the primary factions behind the “depopulation agenda” discussed in a later chapter. Their rationale is that it is easier to take over the Earth if there are fewer human beings living on it. Fortunately, their numbers are rather small (less than 100,000) and their activities are being closely monitored by the Galactic Confederation to prevent them from violating the free will of large numbers of human beings on Earth.

NOTE: While the Orion factions described above are highly masculine in nature, there are reports from some channels of a feminine race from Orion and of a queen-and-colony structure in some Orion societies. Our guides indicate that such a race has existed in the far past and some of their mythology has made its way to planet Earth. However, they do not appear to have made significant contact with human beings during Earth’s history. The sci-fi series “Star Trek” has a fictitious race called the “Borg” that illustrates this idea. In actuality there are several different star systems that have a hive mentality and many of them combine humanoids with machines to form androids, robots and other partially mechanized beings. The star race that most closely resembles this idea, of those described herein, are the Zeta Reticulins, which are detailed later in this chapter.

Type 1 Sirians — Sirius A Star System (one of the inner planets orbiting the main star in the trinary system of Sirius A, B and C) — Members of the High Councils of Sirius — 6D–8D, led by the oversoul of Isis and others, benevolent, loving, assisting humanity in transitioning into 4D–5D state. These beings, who resemble modern-day humans, but have translucent light bodies, have sent their representatives to Earth numerous times in order to attempt to bring the fallen Type 2 Sirians (described below) back to the light. Some of them, including the goddess Isis, have established mystery schools and spiritual temples during various time periods. The Isis detailed in Egyptian history and worshipped by the Pharaohs was one of the “lesser” incarnations

of the Sirian High Council member, Isis.

Type 2 Sirians — Sirius A Star System (residing on one of the outer planets orbiting the main star in the trinary system) — The “Lion Tribe,” a mix of benevolent and malevolent (current percentage, about 60–40). Humanoids with lion-like features (white rounded faces with bushy manes of hair), the gods of the Old Testament of the Bible, Greece, Egypt, Israel, etc. — 4D–7D, many on a Messiah mission to save humanity. The most well-known was Jehovah, who began in 7D and then dropped in vibration once he landed on Earth. The Type 1 Sirians have as their primary terrestrial mission the intervention and rescue of Type 2 Sirians who are causing problems on Earth. The Type 2 Sirians control about one-third of the dark Illuminati and are heavily involved in the international banking industry, along with their partners in crime, the Type 3 Sirians.

Type 3 Sirians — Sirius B Star System — Humanoids, white or olive skin, a mixture of benevolent and malevolent (mostly malevolent) — power-hungry, egotistical, often in the Illuminati banking system, 3D–4D, desiring to dominate humanity and turn the Earth into either a paradise of their own style, or to dominate and control humanity (enslave the human race). These Sirians established an alliance with the Type 4 Sirians (“Annunaki”), known as the Sirian/Annunaki alliance. About 40% of their members have evolved in a more humanitarian direction, while the majority (about 60%), have as their mission, to control and dominate the planet. They are largely in control of the media systems of Earth and spew their propaganda in most countries. Their philosophy is “divide and conquer.” They specialize in pitting one tribe against another and constantly fomenting wars to keep the people divided and at each others’ throats. They are one of the groups behind the ongoing conflict in the Middle East. In recent times, their minions in the western governments have been supplying weapons to the Islamic State, while simultaneously fighting this faction and arranging public displays of brutality. They are also the main force behind the Israeli Mossad and what is being called the “Khazarian Mafia,” a terrorist organization that controls the government of Israel and many western factions.

(Note: The Khazars, along with the Sumerians and Hebrews, are among the origins of the Jewish people. Contrary to public perception, the Semites were not part of the original descendents of the Jews, but were a different Sirian/Orion hybrid race that also settled in ancient Persia. Those who call themselves Khazars today are actually anti-Jewish Semites. If this sounds confusing, that’s because it is. However, all of these factions are primarily from the Sirius A and B star systems.)

Type 4 Sirians — Sirius C Dwarf Star, relocated to Nibiru, a rogue planetoid in a 3,600-year orbit around our sun and Sirius C. The Nibiruans vibrate at 5D-9D while on their planetoid, but drop in vibration when visiting the Earth. They are known as “Annunaki” or “Nephilim,” in Earthly literature. They have white or olive skin, are benevolent in the higher dimensions, but are usually malevolent in the lower dimensions when present on Earth, desiring to enslave humanity and control the Earth. The Annunaki have come to Earth several times and are prominently documented in the Sumerian culture. They were also involved in two periods of Egyptian history, interacting with and including some of the Pharaohs and their gods. Two of their members are called “Enki” and “Enlil” in some Egyptian and Sumerian writings. They interacted with both the Type 2 and Type 3 Sirians and often sought to confuse the general populace by falsifying some of their exploits (or greatly exaggerating their accomplishments).

Type 1 Dracos — High Councils of Draco, Alpha Draconis Star System, tall slender humanoids with serpentine features, light skin, translucent, 4D-8D, benevolent, seeking to bring other Draco races into the light. The Draco star system was named because of the constellation's resemblance to a dragon form, not because its members looked like dragons. Actually there were two types of dragons, one was a hybrid race involving one type of Draco and a Zeta Reticulin race (which were really more lizard-like or serpentine in appearance) and the other was a dinosaur period creature hybridized by Pleiadeans and Lyrans, that roamed the Earth for a short time about 75 to 90 million years ago. None of the biological creatures of Earth's history breathed fire, but there was a machine designed to look somewhat like a dragon that could indeed emit fire (and laser weaponry).

The Draco hybrids that came to Earth about 150,000 years ago (and earlier, around 900,000 years ago) could not withstand Earth's gravity and chemical composition and died out after only a few thousand years. Although they didn't look like the dragons of folklore, they were the ones that triggered many of the fairy tales. We include this just to illustrate how myths can come from many different sources.

The serpentine features of the Type 1 Dracos include a flexible backbone, somewhat oblong face, and spindly arms and legs. Type 1 Dracos can contort themselves into various postures and mimic shape-shifting, a technique normally reserved only for the most highly evolved beings. The "shape-shifting reptilians" mentioned in some channeled writings are actually dark Orions in the astral planes that possess humans. To a clairvoyant, a human possessed by a dark Orion can look lizard-like (reptilian). Most of the time, such possessed humans can appear in ordinary public environments without raising any suspicion. For more info on astral possession, consult the book, *"Soul Integration."*

Type 2 Dracos — The "Bird" Tribe, humanoids with somewhat serpentine and bird-like faces, a mixture of benevolent and malevolent, 3D-7D. These are Dracos originating from within a different planet (a bit farther out from the same star as the Type 1 Dracos). Their serpentine-like humanoid appearance includes a face that resembles that of a common bird, the ibis, with a long, crooked nose and eyeballs that seem to pop out of the sockets. Their descendents on Earth are depicted as humanoid with the head of a bird, although the god Thoth was not Draco, but Pleiadean, and had an ordinary human head. The Type 2 Dracos were corrupted by the Type 3 Dracos and were recruited to seek power and domination over the more docile humans of the general population.

Type 3 Dracos — Reptilian-like humanoids, hostile, malevolent, aggressive, desiring to control Earth and enslave humanity, 3D-4D, mostly in the astral planes due to problems with Earth's gravity, EM fields and atmosphere. The Type 3 Dracos were renegades from the second inhabited planet in the Alpha Draconis star system and were sent to Earth as part of a prison sentence. They formed alliances with various other star races, including the Rigelians, and learned how to access the astral planes and operate from within those realms. They have had a program whereby human souls who are at a low vibration, when leaving their bodies at the time of death, are detoured into the Draco-controlled section of the astral planes and detained there until such time as they have sufficient awareness and help from their soul families to ascend out of the astral planes and reincarnate. The Type 3 Dracos are often experts at mind control and psychological interrogation, deriving great pleasure from military torture camps and deviant sexual practices. They have a great interest in bondage and discipline, as well as sadism and masochism. Many of them are the inspiration behind satanic rituals among members of the

Illuminati.

Their descendants on Earth are hard to identify, ranging from slight to medium-build, with white to grey skin, and long crooked faces, although due to interbreeding, many may look just like Pleiadeans and Sirians.

Note: A small faction of the Type 3 Dracos formed an alliance with the Type 3 Orions (both reptilian in appearance). This alliance is behind the rumors of a human-eating type of reptilian. While a few members practice cannibalism, many drink human blood as part of their ritual sacrifices. They are not in a position to harvest humans as food, due to their difficulty adapting to Earth's atmosphere and gravity, and because they are being intercepted by the Galactic Confederation every time they become too aggressive. Once again, there is a little bit of truth in the flesh-eating rumors, along with a lot of exaggeration.

Arcturians — 9D, large angelic white translucent beings overseeing many sectors of the galaxy, extremely wise and loving. Part of a "Group Soul Complex." This channel has seen these great beings traveling through the cosmos, spreading their immense love far and wide. They represent the Arcturian High Council, although that name is for convenience only as they do not refer to themselves in this manner. All of the Arcturians are 100% loving and benevolent.

Arcturians — 7D, very tall and large blue-skinned translucent beings of light in service to humanity, entirely benevolent, working to balance the grid system of Earth, in charge of crop circles and other communication mediums. Part of a "Group Soul Complex." This group is channeled by the author, and they work through over 100 channels worldwide. They operate mystery schools and "mid-way" stations, which are locations in time/space where souls access higher or lower dimensions (sort of like the concept of "locks" in waterways linking large bodies of water). The Arcturian mystery schools are accessed by humans during the dream state or in meditation, and between lifetimes.

Arcturians — 5D, short, blue-skinned humanoids in service to humanity, assisting the 7D Arcturians. Being more physical, they usually travel in spaceships and live in the fifth planet from the red-giant star, Arcturus. They look remarkably similar to the "Blue Man Group" performance troupe that plays in Las Vegas and other cities. One of their portals on Earth is called the "Group of Forty."

Type 1 Zeta Reticulins — 3D–5D. They are short white humanoids with large heads, large almond eyes and short spindly arms and legs, benevolent and malevolent, that came to Earth to extract human DNA in order to save their race. They were missing certain key components of their DNA, including the emotional body programs, which had become dormant due to suppression and denial of their emotions.

They have accomplished their mission and most of them have departed, but a few remain. These are the humanoids depicted in the Steven Spielberg film, "Close Encounters of the Third Kind." They have now incorporated human emotions into their DNA, making them more compassionate and service-oriented in their hybrid form. The main methods for extracting the DNA involved abducting human beings and injecting their sperm into the bodies of Zeta females, or taking Zeta sperm and injecting it into the bodies of human females.

A great majority of the nearly one million humans who were abducted during the 1960s, 70s and 80s were members of the Zeta Reticulins in past lifetimes and they agreed to incarnate on

Earth to help carry out this mission. However, most of them did not remember their mission while growing up in human bodies. Only a small percentage of abductions were a true violation of free will, since some of the abductors were unable to discriminate between their own members incarnate in human form and other humans who had not agreed to go through this experience.

Nevertheless, due to their perfection of mind control and hypnosis, only a few thousand of the abductees remembered their experiences. The Zetas also abducted various animals for research purposes and were behind the dissections and blood extractions observed in discarded carcasses left in pastures.

Type 2 Zeta Reticulins — 3D–4D, (“greys”) short grey humanoids with large heads, large almond eyes and short spindly arms and legs, a bit taller than Type 1, mostly malevolent, also extracting DNA to perpetuate their race, but less respectful of free will than Type 1’s. These Zetas have received a lot of attention in the alternative press because of their relatively low spiritual awareness and, therefore, relatively high disregard for the well-being of humans. Some of the Type 2 Zetas have been captured and there is an authentic film of one of them being autopsied, as well as another video of them being transported between underground facilities. They have two well-known bases where they have carried out their interbreeding programs, under an alliance between branches of black-ops government agencies. These bases are called “Area 51” and “Dulce.” Over the past 20 years, operations have been gradually moved from Area 51 to a branch of the Edwards Air Force base near Tehachapi, California. The Dulce base is still in operation, but its entrances and security procedures have been enhanced due to information leaks. The interbreeding program is mostly focused on experimental research at this point, since their role in the extraction of human DNA has been largely completed at this time.

Note: The Type 3 Zetas have been renamed Zeta-Draco Hybrids and are detailed in another table under the “Hybrids” section.

Type 1 Andromedans — 7D–9D, from Councils of Andromeda (Nebadon Star System), overseers of most Andromedan communication between their galaxy and the Milky Way. All Andromedans use stargates to travel intergalactically unless they are beyond 8D. Some are beyond humanoid form, others are translucent, tall and slender with almond-shaped eyes, and grey or green skin, all benevolent. The Councils approved travel by lower-level Andromedans to Earth to help prevent nuclear disaster following the atomic tests and deployment of nuclear devices during the 1940s and 1950s.

Type 2 Andromedans — 3D–6D, from various star systems, humanoid, white or brown skin, tall and slender, they came to Earth to prevent nuclear disaster, have worked on occasion with the Zeta Reticulins to help them extract human DNA, mixture of benevolent and malevolent. Since the atomic tests during the 1940s and the deployment of atomic devices in Japan, the Type 2 Andromedans have been contacting those that they feel can best help the human race, whether telepathic or psychic mediums, or government officials. They have worked with the Zeta Reticulins to help them complete their mission successfully with minimal disruption to the human beings that are subject to the experiments. They have also worked with the Galactic Confederation to help prevent a large-scale nuclear disaster.

Type 3 Andromedans — 3D–4D, from various star systems, humanoid, blue or green skin, shorter than Type 2, mixture of benevolent and malevolent, interested in mining Earth’s natural

resources for their own purposes, but some are more enlightened and are helping humanity. They are often seen with Zeta Reticulins. Various Andromedan groups are responsible for compiling esoteric literature, including the “*Urantia Book*,” although much of the information therein is not considered accurate.

Polarians — 8D–12D, highly evolved beyond humanoid form, assisting the Councils of Alcyone, they appear as bright white stars and generally do not interfere in the affairs of Earth, but have made occasional telepathic contact with humans.

Antareans — Red giant humanoids from a red giant star, mentioned in Genesis of the Bible. Some skeletons have been found intact. They are generally 3D-5D. Their height has been measured at more than three meters and one skeleton measured nearly four meters. They are a mixture of benevolent and malevolent, but represent a minor presence in Earth’s history, due to problems with Earth’s gravity and atmosphere. Although they have been called “*Nephilim*” in some writings, they are not the same race as the *Annunaki*, which are not as tall.

Tau Cetians — Race of humanoids, 3D–5D, tall and white (often called “*Tall Whites*,”) mostly here to observe humanity and help prevent nuclear disaster. A few telepathic contacts have been made with humans. A physical contact was made with one of the world’s militaries one time, which received quite a lot of publicity, but a decision was made to withdraw to the safety of telepathic contact once aggression was sensed in the Earthly military forces that exceeded the level tolerated by this race.

Alpha Centaurians — Race of humanoids, 3D–5D, communicating mostly telepathically with very little direct interaction with humanity. They are the closest neighbors to humanity as far as 3D time/space distances are concerned, residing only 4.5 light years from Earth. They have attempted to send radio signals to humans on numerous occasions, but have been ignored or their communications suppressed by those receiving them. They are tall and spindly, very thin, with atrophied bodily features.

There are also groups from Fomalhaut and some in the Bootes constellation. In addition, there are several star systems in Sagittarius that have monitored the affairs of Earth, but have had very little direct contact.

Table 3.2 — The Hybrid Races

Type 1 Hathors — Beings from the Sagittarius Star System that are a hybrid of Pleiadeans and Sagittarians, whose faces resemble that of bovines (cows), as featured in Egyptian historical records. They are generally 5D–7D, but a few of the more enlightened members have worked with 7D Pleiadeans. The Type 1 Hathors are mostly benevolent. Some claim to have worked with the Founders, but this has not been verified. They have a few telepathic channels and their messages are generally uplifting and beneficial.

Type 2 Hathors — Hybrids similar to *Essassani*, a cross between Pleiadeans and Zeta Reticulins, 3D–5D, mostly benevolent. They are tall and wide-shouldered, with smaller torsos, very reserved and quiet, mostly just observing the human race, but with occasional telepathic contact.

Essassani — Hybrids between Lyrans, Pleiadeans and Zeta Reticulins, overseers of the Zeta DNA extraction program, mostly benevolent, and members of the high councils of Zeta Reticulus. They are tall and slender, with large heads, oblong faces, small narrow chins, and large round eyes, usually over two meters in height.

Type 1 Andromedan Pleiadean Hybrids, “the Ronalokas” — dark brown or black skin, short and slender, very energetic, musically inclined 3D–4D, originally 5D–6D. Many Africans are descendents of these hybrids. Most Negroes and other groups of color came from this hybrid group.

Type 2 Andromedan Pleiadean Hybrids — Orientals, yellow or brown skin, slanted eyes, slender, often very mental. 3D–4D, originally 5D–6D. Many Chinese, Japanese and SE Asians are descendents from these hybrids. Some of them came from DNA strains that were colony-like, meaning they had a hive mentality, although today most Orientals have a great deal of individuality. You can still see characteristics of the original colony mind in some eastern societies, especially when it comes to the work ethic. The Japanese and Chinese can be extremely productive and create a strong, complex society in a very short period of time. A large percentage of engineers, scientists and technicians come from this hybrid group.

Pleiadean Sirian Hybrids — Part of the “Lion Tribe,” these are the offspring of native Sirians from Sirius A breeding with the original Pleiadean root race during the earliest period of Egypt (10,500–7,500 BC). Some remained on Earth and some left in spaceships for other locales. Tall burly body types with lion-maned type of hair and white-yellow rounded faces with lots of body hair. The Gods of the Old Testament, including Jehovah, were seventh density Sirians from Sirius A who interbred with the Pleiadeans during the time of ancient Egypt. Today many members of the Lion Tribe are part of the Illuminati. The symbol of the lion, in coats-of-arms and logos of major companies, is more than simply depicting the “King of the Jungle” to represent superiority. The symbols originated during the reign of the Lion Tribe, which included most of the Pharaohs.

Pleiadean Draco Hybrids — Part of the “Bird Tribe,” these are the offspring of native Dracos breeding with Pleiadeans and Sirians during the earliest time of Egypt. This hybrid race did much better at adapting to the gravity and atmosphere of the Earth than the original Dracos. The depictions on cave walls of humans with bird heads are exaggerated. They were humanoid, but had long faces with an ibis-like nose, hence the bird resemblance. The seventh density Pleiadean, Thoth, never had the head of a bird. There were several thousand years that passed between the time of Thoth and the drawings. By the time of the Pharaohs, Thoth was an ancient myth and the story contained many inaccuracies.

Pleiadean Orion Hybrids — This is one of the most common humanoids on Earth today, generally tall and slender, white but with some redness in the skin and an aggressive, competitive personality. Their descendants are present on all six inhabited continents, but are concentrated particularly in the Americas and western Europe. The Roman Empire was comprised very heavily of Orions and Pleiadean Orion Hybrids.

Lyrans Pleiadean Hybrids — Generally short or medium with brown skin, descendants prevalent in India and Southern Asia. Brahman cultures and their status are determined by the “purity” of

the Lyrans bloodlines (which are not very pure at this point). In the Hindu scriptures, the Lyrans have blue skin and the Pleiadeans are white or yellow. The blending of these two races produced brown or dark brown skin.

Sirian Orion Hybrids — Mentioned briefly as the origin of the Semites, this group settled in the area formerly known as Persia, having previously interbred in numerous places throughout their planetary and galactic territory. Their descendants are hard to trace, but are generally not considered to be the origin of the Jewish race. They are also not to be confused with the Khazars (although they often are). The Khazars were a much more pure Sirian bloodline.

Zeta Draco Hybrids — Formerly called “Type 3 Zetas,” this malevolent group came to Earth primarily to enslave and control humanity, but were fought by other Zeta and Draco factions who did not want them competing for territory. Each dark group had the idea, “The Earth is mine!” The constant fighting for supremacy is one of the reasons these hybrids have not been able to gain a foothold on Earth.

Throughout the rest of this book, we will be referring back to these basic humanoids when detailing the origin of different peoples in various parts of the world. Because there are a lot of similarities among various ethnic groups, we will stay with the unique differences and interesting features that distinguish one group from another. Although there are a few star races not detailed here that contributed to the unique nature of present-day humanity, this influence is not strong enough to be included in this book. In other words, this is not an exhaustive and complete list describing all humanoids on Earth. It is entirely possible that you, the reader, belong to a category not described here. However, about 99% of humanity fits into one of the above categories.

What about angel/humanoid hybrids? The angelic orders are part of the seventh density lower celestial realms. A few angels did agree to incarnate on Earth, and on occasions angels came directly to Earth and interbred with humans, but this was generally discouraged, since angels knew the risks and could fall sufficiently in vibration to cause great harm to self and others. There are less than 10,000 angels incarnated on Earth today.

The majority of the so-called “fallen angels” were actually seventh density Sirians who represented themselves as angels and then fell in vibration when they came to Earth to be the gods and goddesses of humanity. The archangel Lucifer was not really a fallen angel, but rather a celestial being with full power and abilities who simply judged the lower nature of humanity and caused a lot of misery and suffering as a result. The Luciferian Rebellion is a bit complex and difficult to understand for most people, but we will attempt a brief explanation during a later chapter when we explore the portion of Earth history that occurred about 500,000 years ago.

Now that you have the background on extraterrestrials, let us return to our somewhat chronological account of what happened on Earth in distant times past.

CHAPTER 4 — The Early History of Earth, Individual Souls and the Human Race

Original Cause Revisited

The humanoid form (and most other forms in the universe) is designed from Light Codes, precursors to the DNA molecule. These codes are programmed to have a great variety and diversity.

When the humanoid form was first created hundreds of millions of years ago, many souls from all over the universe became interested in these humanoid forms. By permutating the DNA in slightly different ways, humanoids could take on the appearance of serpents, reptiles, birds, mammals and more. Some star systems opted for similarity over diversity, due to the fact that diversity presented a number of challenges. When something malfunctioned, it was a lot more difficult to fix the problem if there were lots of variations in the codes.

Basically, in order to experience life in a humanoid form, souls had to project a portion of themselves into the tissues and cells of the form. This interface was relatively easy in seventh density, since there was no need to lower one's vibration in order to occupy the vehicle. With sixth density, occupying a form was more of a challenge due to the need to not only project a portion of oneself into the form, but do so in a way that dropped that aspect of the soul in vibration. The best analogy to describe this would be dipping one's hands into a cold pool of water. Most of your body is still above the water, but now a portion of you is experiencing a very different sensation. If your hands had all five senses embedded within them, a part of you would be experiencing a very different world from the one you are accustomed to.

Over an extended period of about 600 to 700 million years, many forms were created and propagated on sixth and seventh density worlds — all having the basic humanoid form, but with great flexibility within the standard blueprint. Around 300 million years ago, the Founders found a way to sustain these life forms in fifth density. Souls would enter the fifth level; or rather a portion of the soul would enter, experience a lifetime in that realm, and then return to seventh density once the soul no longer desired to continue the experience. While souls entered sixth density directly, fifth density was accessed through various processes — in some cases through the hatching of eggs. Eventually, it became possible to incarnate into fifth density by embedding a portion of the soul into the womb of an adult form. This created a wonderful bond of love between mother and child, and quickly became the most popular way of experiencing fifth density.

The process of densifying a portion of the soul and entering a fifth density body was quite challenging and produced a small amount of trauma, especially during entry and exit. The longer a soul stayed in fifth density, the more “attached” that soul became to the sensory experiences of that realm. Over the next 100 million years, many star races populated the fifth density worlds in their crystal light bodies. The average lifetime was typically between 2,000 and 10,000 Earth years. Eventually, a form of ascension was perfected, allowing fifth density beings to move directly into sixth density without the need to withdraw life force from the form and return to the native soul state in seventh density prior to beginning the next incarnation.

Once the soul reached sixth density in this way, it became relatively easy to ascend back into seventh density, while still extended into a light body. Seventh density souls extending into

seventh density forms represent an amazingly ecstatic experience. Going into seventh density directly from fifth and sixth densities was, at the time, the highest form of bliss possible. Fully experiencing seventh density in a vehicle of light after ascending from fifth density was so blissful that souls for a long time had no desire to experience densities below fifth.

However, the Godhead had created 12 dimensions, and the first four had never been experienced directly by the evolving souls in the universe. Over the past one billion years, various Creator Gods from many different galaxies had perfected an astounding variety of plants and animals and had terraformed and populated millions of second, third and fourth density planets with these life forms. Each life form had a rudimentary intelligence and a packet, or spark, of life force energy, enough to sustain the form from a few seconds to hundreds of years, depending on the DNA permutations involved. However, bringing a humanoid form to one of these worlds was too great a challenge and posed too much a risk for all but the bravest of souls.

Creatures were created similar to humanoids with almost identical DNA in an effort to experiment with these lower worlds. The ape, chimpanzee, gorilla and other forms were seeded on many 3D and 4D planets. Packets of spiritual energy entered these forms, animating them and keeping them alive for, in some cases, many hundreds of years.

The Creator Gods created many plant and animal spirits. For all practical purposes, these were sovereign souls, but to distinguish them from the humanoids, they were simply referred to as plant and animal spirits, rather than sovereign souls. Any and all forms in the physical universe contain some degree of spiritual energy, so you could say that everything has a soul, if you use the broad definition of soul.

To those with spiritual vision, these sparks of simple souls look like wisps of smoke or mist, floating in and out of embodiment. Human souls have a similar appearance but are bigger and more sharply defined. Keep in mind that human souls are a fragment of their parent part in seventh density. The seventh density soul is immensely vast and bigger than the entire physical universe and also smaller than the smallest particle in the physical universe. Plants and animals also have parent parts. These higher dimensional parts of each plant and animal resemble packets of light energy, and look like small winged creatures to many clairvoyants.

Let us summarize now and see how the creation of souls fits into the bigger universal timeline:

Table 4.1 — The Linear Timeline of Our Universe

Creation Chronology:

The Godhead (the Source of All that Is) exists eternally from infinity to 20 billion years ago.

Differentiated aspects of the Godhead (Creator Gods) are created 20 billion to 14 billion years ago.

Minerals and gases (small sparks of divinity embedded into first density) emerge 14 billion to 12 billion years ago.

Basic life forms created by the Creator Gods come forth from 12 billion to 10 billion years ago.

Plants (spiritual energy embedded into DNA molecules of second density) begin from about 10 billion to 4 billion years ago.

Planet Earth is born (4.3 to 4.5 billion years ago). Plant life emerges on Earth through various methods about 1 billion years ago.

Animals (more organized spirits embedded into third density forms) are seeded 4 billion to 1 billion years ago in the Universe; less than 1 billion years ago for planet Earth.

Seventh density souls (sparks of conscious awareness) are created 1 billion to 100 million years ago in the Universe. Such souls are called “ancient ones” and include ascended masters and other celestial beings.

Seventh density life forms (souls embedding into 7th density vehicles) are created 100 million years ago to the present. The “Rainbow Family” of souls is created, which includes most souls experiencing Earthly incarnations today. First colonies appear on Earth.

Sixth density life forms (souls extending into sixth density bodies) are experiencing sixth density Earth 70 million years ago to the present. This is the average time souls began experiencing sixth density (except for old souls coming to Earth).

Fifth density light beings (souls extending down to fifth density) are coming to Earth 60 million years ago to the present. This is the average time souls began experiencing fifth density (except for mature and old souls on Earth).

Fourth density humans (souls incarnating into human form) begin on Earth 50 million years ago to the present. This is the average time souls began experiencing fourth density (except for experienced, mature and old souls coming to Earth). First major fourth density civilization begins on Earth about 10 million years ago.

Third density humans (souls dropping in vibration from fourth density) begin around 30 million years ago to the present. This is the average time souls began experiencing third density.

The above chronology gives the approximate dates that various phases of the creation took place, adjusted into Earth years. You will note that most souls began their journey within the last 100 million years. The “Ancient Ones,” are up to a billion years old. The Creator Gods are many billions of years old. Many angels, archangels and ascended masters are also up to one billion years old.

If you are an “old” soul, this means that you emerged from the Godhead 85 to 100 million years ago, while “mature” souls generally have a life span of 65 to 85 million years. “Experienced” souls are generally between 50 and 65 million years old, while young souls are less than 50 million years old.

Please be aware that length of experience as an individual soul does not necessarily correspond to level of intelligence. You can look at this two ways: (1) You are an old soul, which means you have more life experience and are therefore wiser than young souls; or (2) You are an old soul, which means it has taken you longer to learn your soul lessons than it is taking for

young souls. In essence, it is not the length of time you have been an individual soul that is important, but rather, the quality of your individual lifetimes in each of the seven densities.

Longer lifetimes typically involve more spiritual growth than shorter lifetimes, so those souls who have had a lot of shorter past lifetimes may actually be having a harder time balancing karma and moving forward on the spiral of ascension than those souls having fewer, but longer lifetimes.

When viewing this chronology, keep in mind that mineral and plant life, as well as humanoids, began at different times on different planets. However, if you go back farther than 10 billion years ago, you will not find plant life on any planets in this universe. Generally speaking, there are no planets older than 12 billion years, as it took about two billion years for the first planets to form from the primordial gases of the “Big Bang.” (Also note that in the “omniverse” or “multiverse” beyond this local universe there have been an infinite number of “Big Bangs” and “Big Crunches,” according to the wisdom brought forth by the Founders.)

This big picture explanation gives you an idea of the relatively recent emergence of individual souls compared to the larger cosmic clock.

The Earliest History of the Human Race

In the following pages, we will go into some detail on each of the major events in Earth history, giving our interpretation and offering what we believe is a balanced viewpoint. As you know, the official story of history is often written by the victors of war and includes their particular bias and distorted view of what happened. Even worse, many leaders will intentionally leave out those stories that would threaten their grip on power and prestige. In essence, most of what passes for history includes a generous (perhaps heaping) portion of propaganda. If something occurs that paints the rulers in a bad light or makes them look weak, it is omitted.

Many religions depend on having followers who do not question the dogmas and creeds. If some religious souls were to become aware of the ET presence, for example, it could undermine the efforts of religious leaders to keep their flocks under control.

The so-called “powers that be” do not want the average human being to become aware that there have been highly advanced civilizations in times past, because then the more intelligent members of humanity might figure out what happened and why those civilizations fell. The leaders of humanity (most of whom are egotistical and desire to remain in power) want people to believe they are relatively helpless and powerless over the forces in their lives. The rulers use the “divide and conquer” principle. They want souls to be just intelligent enough to work and develop systems of production that will make the leaders rich, but not intelligent enough to question the basic structure of this “pyramidal” system of oppression and control.

When one examines the political and military components of most countries on Earth, it is easy to discover that the same people tend to finance both sides of each conflict. War is big business. The so-called powers that be do not take sides in these conflicts, but watch from the sidelines, sometimes manipulating one side or another if there is a clear benefit to themselves regarding the victor. In many cases, wars end in a stalemate, meaning that neither side has achieved its goals or purposes for engaging in war. Nevertheless, the profits keep going up as long as arms sales are being made and there is something to repair.

In many countries that perpetuate war, the contractors (usually private companies that form a relationship with government agencies) may be responsible for manufacturing the infrastructure before the war, the weapons during the war and the reconstruction after the war. Lobbyists,

people who influence politicians and military commanders, convince the warmongers that they need this weapon and that, this equipment and that, etc. There is little thought of the effect of war on the everyday people of a region. Those who get caught in the crossfire or have their homes destroyed from a misplaced bomb, are called “collateral damage.”

In recent times, one of the architects of war remarked that killing half a million people was simply the price necessary to pay in order to promote democracy in a given country. One wonders what sort of democracy is involved in such a killing spree. Did the people of that country vote to be decimated by white phosphorous, depleted uranium shell casings, radioactive waste products, etc?

As far back as there are historical records, there have been wars. This is because the wars did not originate on Earth, but were brought to Earth by beings from a variety of star systems.

Approximately 80 percent of the universe consists of benevolent, peace-loving races (“service to others”) while only about 20 percent are “service to self” or have a personal agenda more important than the well-being of other races or even their own race. Unfortunately for Earth, the percentages are almost reversed. About 80 percent of the extraterrestrials that have interacted with Earth have been of a negative polarity, while about 20 percent have been benevolent.

In the next section, we will give a series of tables detailing Earth’s history, and then we will start tracing the history of human beings; how they came to this planet and what has happened since then.

You will note that the real history of Earth has little or nothing to do with primates, except that they were an early form of hominid species prior to the arrival of human consciousness and that one of their forms was genetically engineered to accommodate seventh density souls.

A word to those scientists who still believe we evolved from the ape (assuming they haven’t hurled this book out the window by now):

Have you noticed that once species mutate or evolve beyond a certain point in their genetic sequence, virtually all of the members of that species transform to the new characteristics? You can call this the hundredth monkey theory or a quantum shift in evolution, but rarely, if ever, do you end up with some members of a species completely transformed and highly evolved while other members simply continue the long-term evolutionary process. In other words, why are there still primates living on the Earth? Wouldn’t they all have evolved into human beings by now?

Of course, some members of a given species will be the first to mutate and for a short while might stick out as unusual, a curiosity to the rest of the tribe or group. But within a few years at most, the mutations will spread throughout the species even if they are on completely separate parts of the Earth. This has been documented to be true in almost every case.

If this is true, then why do we still have chimpanzees, apes, gorillas, monkeys and other primates that have evolved very slowly over the past millions of years if human beings also evolved from them? Where did this split occur, and how? In what way did one particular strain of primate somehow start mutating rapidly into *Homo sapiens*, while the rest of the tribe continued blissfully along in the original genetic configuration? Why did the hundredth monkey theory fail in this example?

Archaeologists have recently discovered skeletal remains of modern-day *Homo sapiens* that have been carbon dated to millions of years ago. How can this be if modern humans evolved from apes within the last 100,000 years? If this “sudden mutation” that only affected some of the primates occurred that long ago, what happened to the mutants? Why do there appear to be only primitive cultures on the Earth over the past 100,000 years? Where is the evidence that ancient

Homo sapiens millions of years old continued to evolve after having mutated from primates? Why is modern humankind not much different from the DNA configuration they had back then? Why haven't humans evolved during those millions of years since then? Or did they and something else happened to them?

We realize advanced civilizations, if they existed millions of years ago, have obviously disappeared. They would likely be buried under hundreds of meters of soil and sea, but wait a minute! Are there not unexplainable monuments all over the Earth that were built using superior technologies? In the preface, the Great Pyramid at Giza was given as an example.

A more reasonable explanation would be that there were ancient advanced civilizations that somehow destroyed themselves (or were removed from the Earth by extraterrestrials), and that humankind reverted back to so-called primitive ways after these civilizations ended. In some cases, it would appear *Homo sapiens* went back to a primate-like existence, living in caves without modern technology, in effect starting over from scratch.

And if this is so, how many times has this happened? Those archaeologists who are reading this and have an open mind are encouraged to examine the following chapters to see if this book answers your questions.

Let us now summarize the history of Earth as it has been given to us by higher intelligence. All dates are approximated to round numbers:

Table 4.2 — Earth's History — One Billion BC to the Present

Pre-Human History Dominant Timeline (major events):

4,500,000,000–1,000,000,000 BC:

The Earth cools/solidifies into a physical planet. Gases become heavier and eventually liquid and solid elements are formed.

1,000,000,000–100,000,000 BC:

Plant life evolves and gradually becomes more and more complex.

900,000,000–100,000,000 BC:

Humanoid life begins on other worlds. Small colonies of humanoids come to Earth as exploratory teams.

900,000,000–100,000,000 BC:

Animal life proliferates on Earth and becomes more and more complex. Humanoids begin incarnating into a specially created primate form.

180,000,000–60,000,000 BC:

Dinosaurs proliferate on Earth. A comet hits the Earth and breaks up into asteroids and large chunks of rock, creating a “nuclear winter” that decimates the dinosaurs. A dragon-like dinosaur exists for a few million years during the middle of this period.

100,000,000–present:

Humanoid forms appear on Earth and begin evolving into advanced civilizations.

10,000,000–present:

Modern-day *Homo sapiens* proliferate on the Earth.

Note: Scientists have recently found humanoid remains on Earth (and some of their machines) that are dated to 400 million years ago. According to higher intelligence, these are extraterrestrial visitors in humanoid form, some of whom left their technology here.

Between 100 million and 10 million years ago, there were small colonies of humanoid beings that came to the Earth and co-existed along with the dinosaurs and other plants and animals. However, there were no major civilizations on the Earth until approximately 10 million years ago.

During the past 10 million years, there have been four major civilizations and more than a dozen minor ones that have risen and fallen. In this book, we will detail the how and why of these civilizations.

History of Modern Human Life on Earth — Chronology (years rounded to nearest thousands until recent times):

Before 10,000,000 BC:

Pleiadeans establish colonies/proliferate on Earth.

9,700,000–9,200,000 BC:

First period of Pangaea. *Homo sapiens* interbreed with various animal species to create exotic life forms.

9,200,000–9,100,000 BC:

First great flood. 99% of all species are rendered extinct, but their DNA is saved in Pleiadean laboratories.

7,800,000–7,500,000 BC:

Second period of Pangaea. Many species are reintroduced and continue to flourish.

7,500,000–7,400,000 BC:

Second great flood. Most species are once again rendered extinct, but are saved by the Pleiadeans.

3,200,000–3,000,000 BC:

Influx of souls from Maldek (including Orions, Dracos and Sirians). After the explosion of Maldek, souls reincarnated on Mars and Earth.

1,500,000–1,400,000 BC:

Influx of souls from Mars (including Orions, Dracos and Sirians). After nuclear war on Mars, souls reincarnated on Earth.

920,000–917,000 BC:

Dragon-like beings come to Earth, then die off (not from Alpha Draconis).

500,000–400,000 BC:

Orion invasion and Luciferian Rebellion occur rather simultaneously. Both are detailed in following chapters.

400,000 BC–present:

Orions solidify their presence on Earth. Through interbreeding, they gradually become the dominant race, outnumbering the Pleiadeans.

300,000–250,000 BC:

First Annunaki invasion (Sirius C star system). Sirians from A and B star systems are already integrated into human society, having arrived en masse after the destruction of Maldek and nuclear winter on Mars.

150,000–75,000 BC:

Lemuria civilization, Parts 1 and 2. Lemuria is partially wiped out by one of the 26,000-year precessional alignments around 100,000 years ago.

150,000–50,000 BC:

Dracos gain power on Earth as Pleiadean/Draco hybrids and intermix with the Pleiadean/Orion/Sirian mix of DNA already present.

75,000–23,000 BC:

Atlantean civilization, Parts 1 and 2. Atlantis is partially wiped out during a precessional shift occurring in approximately 50,000 BC. The second period of Atlantis is destroyed by warfare (explosion of crystal generators) and sinks into the sea as a result of earthquakes and tsunamis, in approximately 23,200 BC.

12,500–10,500 BC:

Most recent ice age. Survivors of Atlantis seek a place to begin anew on Earth.

10,500–7,500 BC:

First Egyptian civilization started by Atlanteans surviving the destruction of their homeland.

7,500 BC–present:

First Sirian invasion of Egypt (the Lion Tribe). Sirians interbreed with the Pleiadeans, further diluting the race and dropping the vibration of Egypt.

7,500 BC–present:

Draco/reptilian invasion in Egypt (the Bird Tribe). Dracos interbreed with Pleiadeans, further diluting the race and dropping the vibration of Egypt. (Dracos are unable to remain in their native form, but manage to stay long enough to alter the course of Egyptian history.)

5,000 BC:

Second most recent Sirian/Annunaki invasion of Sumeria. Only a small bit of documentation remains from this period.

4,000–1,500 BC:

Most recent invasion of Egypt by beings from Sirius A star system (the Lion Tribe), establishing themselves as the gods of the Old Testament of the Bible, as well as the priest/kings and Pharaohs of Egypt.

1,500 BC:

Most recent invasion of Sirian/Annunaki in Sumeria. More extensive documentation remains from this period.

0 AD–present:

Three different souls form a composite of a man that marks the beginning of the Christian faith, including the one known as Jesus Christ. The higher self of Jesus is known as Lord Sananda, who is the leader of the Galactic Confederation. The Jesus story is detailed in preceding books.

500 AD–present:

Sirians from A and B star systems, and Annunaki from Sirius C/Nibiru continue to influence early civilizations. Orions and Dracos form alliances with the Sirians to control most of humanity.

600–1300 AD:

Benevolent helpers in the higher planes retreat somewhat due to the proliferation of malevolent forces on Earth and feeling unable to influence humanity in a positive direction. Thus manifests the Dark Ages.

1300–1700 AD:

Benevolent beings regroup and start incarnating en masse in Western Europe, heralding the Renaissance period.

1945–present:

Andromedan visitations. The Andromedans come when they observe atomic tests and deployment on Earth.

1945–present:

Venusian and other Pleiadean groups make visitations for reasons similar to the Andromedans.

1950 AD:

The Divine Dispensation begins. Intervention by the Galactic Confederation and other groups in the affairs of humanity is granted by the Godhead. Humanity is not allowed to destroy itself through nuclear weapons, and the Arcturians begin working on the Earth's grid system to prevent cataclysmic earthquakes and volcanoes.

1950–1990 AD:

Zeta Reticulin invasion to obtain human DNA to save their race from extinction. This is allowed as long as certain violations do not occur.

1950–2100 AD:

Galactic Shift accelerates evolution on Earth. The Galactic Shift is detailed in preceding books.

1987 AD:

Harmonic Convergence. The beginning of the last segment of the Mayan calendar.

2012 AD:

Precessional Alignment (Earth becomes 4th density planet). The ending of the Mayan calendar.

2012–2030 AD:

Harmonic Divergence (“separation” of 3rd and 4th density Earths). A time of Apocalypse and the emergence of the New Earth.

2017 AD:

Comet fly-by (acceleration of ascension/mutations). Major upheaval in world economies.

2025 AD:

Midpoint of Galactic Shift. Souls begin attaining fifth density crystal light bodies.

2030–2060 AD:

Nibiru in the vicinity of the solar system. Visitations by Nibiruans (Sirian Annunaki) increase.

2050–2100 AD:

Earth becomes a 5th density planet.

The above timeline includes the most likely scenarios in the immediate future. Now let us look at Earth’s history in more detail as we follow, rather loosely, the timetable set forth herein. We will now go into more detail beginning one billion years ago.

Humanity: One Billion to One Million Years Ago

As stated earlier, extraterrestrial visitors scouted Earth as early as 900 million years ago and remains have been found dated to 400 million years. However, humans did not actually start colonizing the Earth until approximately 100 million years ago. But let’s back up a bit. The humanoid form we have come to know and love actually started almost one billion years ago. Let us explain.

The Founders: Creator Gods

We have mentioned this author’s spirit guides the Founders several times, and they have co-written three of this channel’s earlier books (see the Preface). The most detailed account of the beginning of the humanoid form is found in *“Earth Changes and Beyond,”* formerly known as *“Earth Changes and 2012.”* Here we are providing additional information.

There are many groups of beings that emerged from the Godhead billions of years ago, even before the Earth was formed. At one point in the creation story, beings emerged at level 12 awareness and remained there. You could say that in the younger times of this universe, 12th dimension was all there was and further differentiation did not occur until two or three billion years after this universe began.

The “Big Bang” did not become visible (recordable) until about six billion years after the universe began. This represented the further differentiation down into the realms of the visible light spectrum (within the lower four dimensions). So you could say that the first four dimensions were created six billion years after the universe emerged from the Godhead.

A lot happened during those six billion years, but it was almost entirely beyond the ability of

humans to comprehend.

So the Founders, emerging as co-creators with God, helped form and direct various aspects of this universe, and one of these was working with the sacred keys and codes of light, later known as DNA. The Founders engineered many types of DNA, including that which created the human form.

The purpose of the human form was to have a vehicle that could easily explore the lower dimensions without becoming crushed by gravity, but being sensitive enough to intimately feel the sensations available in the lower realms. At the time of the creation of the humanoid form, “lower” dimensions meant levels 7 through 11.

The seventh dimension was the level where individuality existed. In levels 8 through 11, there were group souls, known as group soul complexes, that were like cells in a larger body. Once level seven was created, it was possible to have truly individuated life forms. Level seven souls started out as pure essence — consciousness without form — and then a seventh density vehicle was created. It was humanoid, but completely filled with light. It had the ability to fly, teleport, telepath and do virtually unlimited amounts of creating at seventh level.

The seventh density soul, in a seventh density light body, could explore a nearly infinite variety of star systems, as well as the various planes and sub-planes of what is today called the celestial realms.

The Lyra/Vega Star System: Origin of the Human Species

Over one billion years ago, a group of Creator Gods, known as the Founders, perfected the humanoid form. The Godhead wanted a way to experience the lower dimensions with maximum tactile and visual stimulation. There were already many forms in existence, including serpent-like creatures, snakes, insects, giant flying reptiles, etc.

The Founders, who were far beyond the realms of form, consulted with many beings who were residing in the seventh density of the star system Vega in the constellation of Lyra. Together, they came up with a living vehicle of light with a head, torso, arms, legs and sensitivity to the lower energies. This form originally was designed to have a deeper experience of seventh density, but gradually the Founders discovered ways of keeping this form alive for extended periods in sixth density.

The original humanoid form was engineered in the star system Vega, in the constellation of Lyra. This star system is visible from Earth; typically opposite the sun during autumn and spring equinox near the equator (of course it varies during seasons and with latitude).

The Founders took 12th density source material and stepped down the vibration, using the light keys and codes of the DNA, until a seventh density form could be created and maintained. This process took a long time in Earth terms — about 100 million years. However, time is quite different in the higher realms and so from the viewpoint of the Founders, it might have seemed like a few weeks.

The Migration to the Pleiades

Although the Lyra system was a wonderful place for the birth of the humanoid form, the spiritual “government” of this part of the galaxy wanted to move to a relatively new star system in the Pleiades, and was therefore headquartered in Alcyone (also visible from Earth). Having a

form capable of exploring seventh density was a big deal to the galactic councils, and they decided to oversee the project and bring it into their laboratories in the Pleiades system.

In the early days of human engineering, about 100 different types of humanoids were created. Some were hybrids of other DNA types, including those resembling serpents and reptiles. These various forms were created and distributed to different star systems based on the type of gravity and chemistry in the atmosphere of the various planets in those star systems. In some cases, planets were “terraformed” or made suitable for a specific variation of the humanoid DNA. Some of the star systems receiving various types of humanoid DNA included Alpha Draconis, Orion, Sirius A and B, Arcturus and many others.

Today, the humanoid form has “evolved” on over 100 different star systems and variations of humanoids have migrated to many more.

Earliest Humanoid Visitors to Earth (around 900 million BC)

The earliest humanoid visitors to Earth came about 900 million years ago, as scouts. They saw that Earth was not yet ready, or rather, the humanoid form was not yet ready for colonization, and so Earth was “ignored” for quite a while.

The descent into matter originally occurred in the Pleiadean systems long before souls started incarnating on Earth. The “Adam and Eve” experiment, meaning the sending of two humanoids to Earth to begin a colony, did not really take place until about 100 million years ago. In actuality, it was a group of humanoids, not just one male and one female. That is an allegory.

Earliest Colonies on Earth (100 million to 10 million years BC)

For the next 90 million years, groups of humanoids lived on the Earth, but they did not reproduce in significant quantities until about 10 million years ago. The reasons for this were many, including inhospitable climate in many places as well as predators from some of the different animal species. Although the higher dimensional Pleiadeans interfered quite a few times, it was decided by the Pleiadean high councils that a non-interference policy would be established to see if the humans could make it on their own in this challenging environment.

The Dinosaurs

During part of the time that human beings were establishing colonies on Earth, the dinosaurs were still present. Up until about 60 million years ago, humans, dinosaurs and many other creatures co-existed fairly peacefully. There were a few large predators that the early humans had to be aware of, but they had their territories and the humans had theirs, and only a few mishaps occurred.

A few of the more peaceful vegetarian dinosaurs actually made friends with and helped the humans, providing transport and helping them acquire basic needs. There is a television show called “The Flintstones,” that brings forth this idea (with a lot of Hollywood embellishment).

The dinosaurs were killed when a comet’s tail brushed the earth approximately 60 million years ago. There were also several asteroids that collided with the Earth, one of which caused a partial “nuclear winter” scenario. However, your scientists do not seem to understand that the blocking of sunlight by particles emitted during a large explosion does not instantly kill large

creatures. Many of the dinosaur remains were found in such a way that indicated they died suddenly (within a matter of hours, or even minutes in some cases). For example, one vegetarian species was in the process of eating when frozen in place. Nuclear winter takes a few weeks to establish itself. As the particles are released into the atmosphere, they begin blocking the sunlight. The temperature, as expected, drops, but gradually, not all at once. In the case of a large asteroid (such as the one that fell in the area known as the Yucatan), the time it took for tropical temperatures to reach the freezing point (which they did in some equatorial locations) was approximately three weeks.

The beasts of the Earth at that time would have sought shelter in caves and in some cases, bodies of water. They would not have been in the middle of meal, frozen in place.

On the other hand, a large comet that makes a direct pass through the atmosphere of Earth is capable of dropping the temperature in specified areas by several degrees Celsius in a single hour. If the temperature went from 20°C to -5°C in just two or three hours then yes, animals may have been frozen in place.

Some of the humans who were alive when the comet's tail brushed Earth were also killed by the cold and resulting famine that ensued. Others, with the help of the Pleiadeans, were either taken aboard spacecraft or were given artificial environments in which to counteract the drop in temperature and sunlight.

It took a few years for the particles to completely settle and the sun to return in full force. Not everything died during that period, but the population of plant and animal species was reduced by about 90%. The population of humanity, which was only about 50,000 at the time, dropped to about 25,000 after the comet, and consisted of about a dozen colonies.

The Dragons

There are two stories about dragons, one of them a bit misunderstood. First of all, the beings from Alpha Draconis are not actually dragons, but rather a serpentine or lizard-like race with relatively human heads and long scaly bodies, complete with a tail. While the Dracos came to Earth a few times, they were not the true dragons. They did come in their native form once during the period of the dinosaurs, and again about 900,000 years ago, but due to problems with gravity and atmospheric composition, they only stayed about 3,000 years. (The story of the Dracos will be covered later.)

A hybrid of the dinosaurs, something of a cross between the Pterodactyls and Brontosaurus, developed about 75 million years ago and gave rise to one of the dragon myths. This hybrid did not survive very well due to breeding problems and of course, the comet 15 million years later. Nevertheless, the species did develop and became both benevolent and malevolent, depending on factors we will not go into here. Their level of intelligence was below that of the humans (and cetaceans in the sea), but some of them did form bonds with the humans and assisted them, including providing aerial transport on occasion.

As for breathing fire, we are not sure where that legend came from. Our sources are indicating that there have indeed been a few species in the cosmos that could breathe fire, but none of them ever came to Earth.

In retrospect, it seems the legend of the dragons, like so many stories, is a composite of the two types of beings that looked closest to the dragons of folklore, as described above.

Humans from 10 Million to 1 Million Years ago

The First Successful Civilization: Pangaea (10 million BC)

A major intervention by the Pleiadeans occurred approximately 10 million years ago when a large and varied group came and established the first real civilization, known as Pangaea. The Earth at that time was pretty much one big land mass in the middle of one big ocean. Due to tectonic plate movement and other factors, this land mass gradually separated into the continents we know today.

Life in Pangaea

Pangaea was the first major civilization and a new experience for seventh density souls. Living in such a rich and diverse fourth density world, there were all sorts of experiments and new adventures available to the Pangaeans. The Earth had a lot of life forms. Being a seven-dimensional planet, life existed on seven different levels, although the level that was “activated” was level four. In other words, the souls incarnating on Earth were vibrating at fourth density and so they experienced the fourth dimensional version of the Earth.

Who were the inhabitants of Pangaea?

The Nature Spirits and Human Beings in Upper Fourth Density Earth

At that time (10 million BC), there were many exotic life forms existing in fourth density, including faeries, elves, gnomes, sprites, devas, nature spirits, and many creatures that scientists today consider physical, but extinct.

In reality, many of these life forms have either evolved into fifth density or were taken off the earth (through extinctions or evacuations).

Early Experiments with Different Life Forms on Earth

In the early days on Earth, there were no safeguards in place to prevent the negative consequences of interbreeding of humans with other species. Not all cases of interbreeding had negative effects, but a great many did.

The early humans, being seventh density souls incarnated into fourth density bodies, interbred not just with each other, but with many of the fourth density creatures. This was not considered to be a “sinful” activity, but more based on curiosity and mutual agreement between the species involved.

The Centaur, Pegasus and Mermaid

The offspring of such interactions were exotic in their own right. The Pegasus, centaur, mermaid and other characters of folklore were actual beings created through hybridization and interbreeding between species.

We and the Founders are not entirely certain why the interbreeding resulted in a drop in vibration, but we think it has to do with the preoccupation with physical pleasure and deep-seated guilt from Original Cause that acted as a force of condemnation for such behavior — in other words, sexual guilt and shame.

Any activity that brings souls more into the physical form has the potential for creating a greater degree of identification with such form, which results in a feeling of being cut off from

Source. This does not mean that physical forms are not spiritual or that they are less Divine than the higher levels. There is nothing whatsoever wrong with physical bodies or sexual activity (as long as there is love and respect between the beings so engaged). However, excessive focus on physical pleasure and attachment to sexual gratification can lead to a lowering of vibration, and it is likely that this was the cause of the problems in Pangaea.

Souls became fascinated with the different interplays among species and enjoyed the exotic interchange. In itself, this was not a bad thing, but over time the souls gradually lost their awareness of their higher levels of being and so Pangaea dropped in vibration until it was predominantly a third density world.

The Drop in Vibration of Life Forms on Earth

The drop in vibration among Pangaeans made it difficult for them to function intellectually and intuitively, and they were unprepared for the massive Earth changes that occurred during one of the precessional cycles. As a result, most of them were wiped out by a great flood. While there have been several cataclysmic floods in Earth's history, this is most likely the one referred to in the religious scriptures, since the oceans expanded from about 75% of the Earth to over 90% during a very brief period of only a few years.

The Pleiadeans desired to save as many of the exotic species as they could by bringing them aboard spacecraft laboratories. This is where the idea of Noah's Ark came from. Many were bred in captivity until they could be released back onto the Earth, while others were taken to Pleiadean worlds in an attempt to adapt them to a different environment.

(Note: There were sailing ships built in an attempt to survive this and other floods. Most sea voyages met with disaster, since there was very little land upon which to replenish supplies and repair boats. A few remnants of sailing vessels from that time period have been discovered buried underneath the desert, but they are hard to identify since most of them were built primarily of wood, which has long since decomposed.)

Sea levels during this flood rose significantly and you can still see evidence of this in sedimentary layers. Some land masses located hundreds of kilometers from the nearest present-day sea and over 1000 meters above sea level show signs of this ancient sea. While some high latitude sea markings are due to earthquakes causing land masses to rise up out of the sea, a significant portion of these markings indicate that the sea actually rose hundreds of meters above its present level.

Over thousands of years, the sea levels began to recede and/or new land masses began to rise due to tectonic activity, until you have the present-day distribution of land and water. (In the last hundred years, the sea levels have begun to rise again, but at a slower pace, due to global warming. This warming is not caused primarily by human beings, but from the Galactic Shift, a phenomenon described in detail in earlier writings.)

The Pangaeans returned (reincarnated) on the new land masses that emerged after the flood, starting colonies in many different continents. Although the Pleiadeans agreed not to interfere with this developing humanity, other extraterrestrials groups had different plans. During the first period of Pangaea, other ET groups observed, but did not interfere to any significant degree (for various reasons we will not go into at this time). Soon after the flood, however, the emerging land masses offered a tantalizing array of minerals and natural resources that were previously buried, and this attracted the attention of several different ET cultures.

A Digression into the Dynamics of ET Intervention on Earth

As mentioned previously (and shown in Table 3.1), since the Pleiadeans first settled on Earth 100 million years ago, there have been 23 extraterrestrial races that have interacted, and in many cases, interbred with the original Pleiadean human beings. The Pleiadean root race is often called the Adamic race, or the Adam Kadmon, meaning the original blueprint of the *Homo sapiens* form. In addition to the 23 races that have interacted directly with humanity, there have been over 30 extraterrestrial races that have observed, monitored or manipulated humanity from behind the scenes. The ET presence on Earth is far more complex than most have been led to believe (See Table 3.1). Several times, ET races have fought with each other over the right to control the Earth. This continues to the present day.

(Note: Some of the time, conflicts between various ET groups happened on the Earth while the beings were incarnate, and sometimes they took place in the dimensions in and around the Earth, or in the atmosphere of Earth. Other times, such wars were confined to the fourth density heavens (astral planes.) Although the official “War in the Heavens” refers to the Luciferian Rebellion, there have been several other conflicts also given that name by certain channels and authors.)

Why Civilizations have Risen and Fallen Repeatedly on Earth

Several times over the past 10 million years, human beings have evolved their psychic and intuitive senses and have essentially been more spiritually evolved than they are today. While ultimately souls never go backwards on the spiritual path, these periods of enlightenment, or “macro satori” experiences, were unable to be sustained, due to unresolved Original Cause issues present within the deeper layers of Earth-bound souls. Many people remember being in a more enlightened state in the past and in fact, those remembering have likely been in such a state several times during Earth's long and turbulent history.

Some of you have been through what is termed “spiritual ascension,” meaning that you learned everything your soul came to Earth to learn and are no longer on the wheel of reincarnation. Therefore, you are here voluntarily, to serve and help other souls get off the wheel of reincarnation.

Every time a civilization has reached a pinnacle of achievement, technologically speaking, the unresolved Original Cause issues have caused someone or something to destroy that civilization. Ancient civilizations have been destroyed in several ways, all due to the same root cause: judgment, guilt and denial in the subconscious mind and astral bodies caused by the belief in separation from God and the trauma experienced during Original Cause. Although we have talked extensively about this previously and in our other books, we will periodically reintroduce this topic throughout our discussion. We will bring up this idea in multiple ways as we look at the question, “Why has humanity risen to great heights, only to fall again and again?”

The outer manifestation of the destruction of civilizations has varied, even though the root cause is the same. Some were unable to prepare for the “shift of the ages” that occurs about every 25,920 years (precessional alignment). Others were taken over by malevolent ET races. Some destroyed themselves through war. In other cases, disease and plague wiped out nearly everyone. The present civilization faces all of the above contributing factors, depending on where you are on the planet. In the following chapters, we will detail some of the methods being employed consciously or unconsciously to bring about another cycle of destruction.

Only those souls who have failed to raise their consciousness above the mid-point of fourth density will exit the Earth in the ways described herein. Although it is estimated that about three-fourths of humanity will leave their bodies between now and 2030, this is only a tragedy from a third-dimensional viewpoint.

From a higher perspective, all souls receive exactly what they need in order to learn their soul lessons. Those who appear to be hopelessly stuck in Original Cause issues are failing to learn the lessons that their souls came here to learn. Therefore, they will choose (mostly unconsciously) to go to other planets that have been set up to accommodate them. The method of exit may vary, but the intent and purpose is the same — to find the right place in order to experience maximum soul growth, happiness and well-being. Those who are warmongers will end up reincarnating on a war planet that is specially set up for them. There they can work through their desires to engage in war without disturbing those who desire to live in peace. Earth's destiny is to become a peaceful and loving planet.

The Dynamics of Earth's Present Civilization

Before we continue with the history of Earth, let us digress again and discuss levels of vibration in the present civilization. This will assist the reader to more accurately perceive what is taking place now on the Earth, and to understand why it has been so difficult to rise above the drama of duality during this and past civilizations.

The Earth is moving through fourth density consciousness. As of this writing her composite vibration was around 4.25 on this channel's density scale. In order to remain on the Earth, it is usually necessary to have a physical body vibration within 0.50 of the Earth's composite vibration. At the present time, this means that souls must have a physical body vibration between 3.75 and 4.75 to remain safely on the Earth.

On December 21, 2012, Earth reached a composite vibration of 4.00. Since that time, she has risen to 4.25. That is a rapid rise compared to the rate of ascension experienced in times past. The average vibration of humanity has slowly increased from about 3.50 to 3.60 over the past 100 years. Therefore, the average vibration of humanity is about 0.65 lower than the vibration of Earth. This means that the majority of human beings are more than 0.50 out of phase with the Earth and will, therefore, begin experiencing increased difficulty remaining in embodiment.

Those with a physical body vibration higher than 4.75 will also have difficulty staying grounded and present on Earth and will be constantly trying to avoid getting dragged down in vibration by the lower density human beings. As the Earth continues to rise in vibration, she will eventually reach a level of 4.50. At that point, many souls in physical bodies will be able to remain on the Earth while vibrating physically at 5.00. The Earth's attainment of a 4.50 level of consciousness is estimated to occur sometime between 2030 and 2050 AD. It is anticipated that several million souls will be able to ascend into their crystal light bodies (the equivalent of having a physical body vibration of 5.00 or above) during that time period. Of course, those who are vibrating below 4.00 will have increased difficulty remaining on the Earth. Perhaps now you can see why it is predicted that up to 75% of humanity might exit the Earth during the next 20 to 30 years.

To those that do not understand the need to raise the vibratory level to keep pace with the ascension of the Earth, it will seem that natural and human-made disasters are the cause of the demise of the majority of human beings. This is discussed at length in *"Earth Changes and Beyond"* and *"Earth Awakens: Prophecy 2012–2030."*

Although the ascension of Earth is an inevitable part of the Divine Plan, the transition into

higher states of consciousness is anything but smooth for the vast majority of souls. There are many factors determining the future of humanity and while it is likely that several million souls will experience a beautiful and harmonious future in their ascended light bodies, the vast majority of those surviving the Earth changes will find themselves rebuilding from among the ruins of those who did not choose to move forward fast enough to avoid catastrophe. We will look at the most likely scenarios and how things will probably play out, from several vantage points, later in this book. Before we do, let us continue our discussion of vibratory levels and why positive ET intervention has been so rare on Earth.

If an ET group is physical or easily contacted by large numbers of human beings, chances are they are negatively-polarized. The more benevolent races tend to vibrate at a much higher density level and are usually only in communication with highly evolved humans, through telepathy, channeling and mediumship. This is due not only to the non-interference policy, but also because it is very difficult for beings of a high vibration to interact with the Earth. The average vibration of the consciousness of souls on Earth, at the time of this writing, was about 3.60 on this channel's density scale. The physical vibration of Earth was about 4.25. Benevolent ET races from Pleiades, Arcturus, etc., are typically above 5.00, and some are above 6.00. While this sounds wonderful, it is quite challenging to remain on Earth for any length of time and avoid getting pulled down by the massive field of negativity surrounding the Earth.

You, the lightworkers of Earth, are here to raise the vibration of consciousness on the planet. Once the consciousness of humanity reaches 4.0 and the Earth herself reaches 4.50, ascended beings will be able to walk among you without suffering negative consequences. Of course, they will only interact with those who are ready to be in their presence. Otherwise, there would be a violation of free will. Imagine, for a moment, what would happen if a group of highly evolved extraterrestrials landed on the front lawn of your government headquarters. Within minutes, an armada of hostile forces would likely be gathered, with guns aimed at the hatch of the spaceships. Even if the interchange was successful, the higher beings would likely bring many teachings and technologies that would severely challenge the religious and economic structures of Earth.

This is not to say that extraterrestrials have not violated the non-interference policy. In fact, this has happened many times, but always with lesser-evolved races. Those who are truly vibrating at a higher level understand the intricacies of free will and respect your right to learn your soul lessons at your own pace. If you ask for their help, they will respond, but only in ways that respect those who are not asking for their help.

Now that we have introduced the idea of interference by malevolent extraterrestrial beings, the preceding and following journey through history will likely make more sense to you.

We began with a brief look at where the human form originated and the earliest civilizations. Now let us continue our journey by looking in more depth at why civilizations have risen and fallen again and again.

Soul Lessons from Pangaea

We have repeatedly stated not just in this book, but in our previous writings, that the real cause of ALL pain and suffering is the unresolved Original Cause issues that occurred when souls first started exploring the lower worlds.

Pangaea was the first of four major civilizations occurring on Earth. In each situation, specific inner and outer conditions were present that catalyzed the downfall of the society. Although the

apparent cause was often something that seemed to be out of the control of humanity (such as a flood caused by a precessional alignment), if humanity had been at a high enough state of awareness, such events could have been foreseen and measures taken to adjust.

In the case of a major flood, a great deal of creativity would have been required or, if we go back to the idea that the past is happening now, a higher level of creativity is required in order to change the timeline of Pangaea.

Since most of the Earth was uninhabitable by humans for a few thousand years following the flood and land masses were constantly changing, meaning tectonic activity was very great, a high tech solution would have been required. Self-sufficient “bubbles” floating on the sea, perhaps, or a mass evacuation in spacecraft, more than just a “Noah’s Ark” type of rescue, would have been necessary. On the other hand, a mass ascension into immortal light bodies would have made it possible to survive the Earth changes.

Some of the souls from Pangaea reincarnated as sea creatures. (Yes, it is possible if the creatures involved have a high enough level of awareness.) In this case, the whales and dolphins are the only fourth density beings besides humanity currently on the Earth. Back in the time of Pangaea there were a few others, mostly hybrids that had not fallen very far in vibration.

We have stated before that human beings normally do not reincarnate as animals, and vice versa. However, things were a bit more flexible during the time of Pangaea and exceptions were made, as long as the vibratory levels remained relatively constant. So a fourth density human could reincarnate as a fourth density dolphin, for instance.

The real reason Pangaea ended with very few survivors was because almost all of the souls incarnated there had gotten caught up in the lower vibrations and were preoccupied with procreation, competition and physical desires. You could say that souls became attached to physical pleasure and were living in a state of hedonism (for the most part).

There were leaders of the Pangaeian civilization, the most outspoken being a soul from Pleiades known as Pan (for which the society was named). Pan encouraged the “free love” and “anything goes” philosophy that has been mimicked at times by modern day “hippie” groups and others.

It is important to recognize that without the guilt and shame associated with the fall from grace, the sexual antics of the Pangaeians would have had a far less dramatic impact, causing much less of a fall in vibration of the souls incarnated there.

Nevertheless, it is the nature of the lower worlds to become mesmerizing and hypnotizing if too much focus is placed on physical pleasure. Considering that over 95% of the society of Pangaea became caught up in exploring various procreation activities between different species, there were only a few artists and visionaries that maintained their fourth density vibration, not enough to turn the tide of materialism and prevent a reenactment of the fall.

Colonies Reestablish Themselves between 10 Million and 1 Million BC

As the seas receded and dry land began to reappear, many of the survivors of Pangaea, and those who had left their bodies, began re-entering Earth and reincarnating with the intent to rebuild and start a new civilization.

Small communities began appearing in different parts of the world. Since the land masses were continuing to shift and move apart from one another and earthquakes were frequent, it was

difficult to establish a solid, permanent living base on the Earth.

Nevertheless, the population of the planet rebounded and by five million BC, over ten million souls were living on the Earth. The seismic activity had decreased to the point where the extended colonies were relatively stable.

Further Consequences of Original Cause

Unresolved Original Cause Creates a Negative Astral Plane

Before we get into the actual events that occurred between the time of Pangaea and the present on Earth, it is important to tell some stories of life in the astral planes and also on other planets within our solar system. And to properly tell these stories, we need to back up even further to one of the things that happened shortly after the fall from grace.

Keep in mind that the creations of souls do not simply dissipate into the ethers if there is no physical manifestation. Every thought you think manifests on some plane of reality or possible timeline.

In quantum physics, there is a theory gaining attention that suggests that we live in an infinite sea of parallel universes or realities, one for every thought or feeling that emanates from humankind.

Some of these possible timelines are very tentative or have extremely low energy, meaning that there is not much attention being placed on them. Nevertheless, according to this theory, they have a level of existence somewhere within the infinite tapestry of time and space.

So if this is the case, what happened to all the unexpressed, unresolved, suppressed and repressed negative emotions experienced by humanity after the fall? You guessed it — they went into a repository of sorts known as the lower astral plane. This repository is still being added to by the negativity of souls at the present time.

You have heard the expression, “thoughts are things.” Indeed, they are discrete packets of energy existing in a state of flux until directed outward, or turned inward, as the case may be.

Thoughts that are repeatedly generated, or denied, take on a life of their own and become known as “thought forms.” For example, if you frequently think that you are no good and deserve to be punished, this series of repeated thoughts becomes a thought form of guilt, a sort of entity in itself, with its own life force energy within the discrete packet of consciousness in which it resides.

In fact, the majority of the “entities” that people complain about are really thought forms generated by their own subconscious minds or by the subconscious minds of others. This is not to say there are not actual entities influencing humanity, for indeed there are. Energies can be categorized into several levels and distinctions, including:

- a. Energy fragments — disordered and disorganized energy emanating from one or more life forms;
- b. Thought forms — organized energy emanating from one or more life forms;
- c. Soul fragments in the form of discarnate entities, possessing actual soul awareness and creative energy, but not sovereignty; and
- d. Sovereign beings residing in other dimensions and communicating with human beings.

In the case of the lower astral planes, types a) through c) above are resident in great quantities.

You could think of the lower astral as the refuse dump (landfill) for unwanted energies. Parts of the self that are denied become thought forms (if they are minor parts) or discarnate entities (if they are major parts).

Because of the low level of vibration of the astral planes, the “atmosphere” of this realm can be likened to the purgatory of some religions, or even the hell spoken of in scriptures. Monstrous and grotesque figures inhabit these nether worlds and tend to influence those souls who are resonant with their vibration.

As more and more souls have continued to re-create their Original Cause fears, anger, guilt and judgment, the lower astral planes have filled up with more and more of the denied essence of souls throughout the cosmos.

Most people on Earth simply dismiss “idle thoughts” and think nothing will come of them, but there is in reality no such thing as an idle creation. This does not mean you should worry constantly about the effects of your “idle thoughts.” You might be thinking, “Oh my God! The thought I just had was horrible. I don’t want that thought going anywhere.”

The good news is that if you stay out of guilt and judgment and accept yourself exactly as you are, complete with your “unsavory” thoughts, then such thoughts do not grow in stature or magnitude and will eventually dissipate. It is those thoughts that are emanated with judgment or denial of self that go into the astral planes, festering and boiling until they are loved and accepted back into the totality of the self.

An imperfect analogy would be getting angry at your child for pestering you and telling him to go out and play because mommy is busy, versus yelling and screaming at him and telling him that he is no good, or outright evil, and that you wish he would rot in hell.

In the case of the first response, the harm is minimal, especially if you later apologize or say your request with love the first time, whereas in the second instance, you leave emotional scars that could be with the child for his entire lifetime if he doesn’t find a way to heal.

So let’s say you have a particularly disturbing thought, perhaps imagining someone you don’t like being viciously killed, or fantasizing yourself having an affair with your neighbor’s spouse. You laugh, forgive yourself and ask God’s loving light to remove the offending thought. Or, you judge yourself for having the thought and try to force it out of your mind. In this case, by judging yourself and judging the thought as “bad” and “wrong,” you send it into the lower astral planes where it adds to the vast array of other unwanted thought forms and pieces of soul essence. But this is not all. By denying the original thought and thereby sending it out in judgment, you actually increase the possibility of the thought contributing to the creation of your reality.

We are not saying that the next morning you will read in the newspaper that the person you were thinking of died in a stabbing during a robbery, or that you lose control of yourself and start having an affair with your neighbor’s spouse the very next day, although certainly these things are possible. In the next section, we will see how self-judgment can turn into all manner of negativity because it sets up a vibration of like attracts like. There are beings throughout the cosmos that vibrate at the level of judgment, fear and anger. By denying parts of yourself in this manner, you increase the judgment, fear and anger within yourself and therefore increase the likelihood of attracting these unsavory beings into your midst.

Unresolved Original Cause Attracts Negative Beings from Other Realms

There are many philosophies and teachings on Earth that say all our problems originated from interference with our evolution by negative extraterrestrials, or at least from a ruling elite that controls the money, power and ideas.

We are putting forth the statement that negative beings from other realms or star systems are not the root cause of the problems on Earth, but are merely a symptom of the problem. Granted, such forces can make it more difficult to heal, just as the myriad of distractions in the world of materialism can make us forget who we are.

However, such forces only have power so long as we give it to them by believing we are helpless and powerless, and such beliefs came from Original Cause. If we did not believe we could be attacked, controlled and enslaved, we would not attract such experiences to us.

You will see, as we go through the next part of this book, that the problems associated with Original Cause were not just on Earth, but extended themselves throughout the solar system. As we go through our study of the rise and fall of various civilizations, you will see that despite the varied surface reasons for the collapse of a society, the root cause always remains the same: the belief in separation from God and all the misery that comes with that belief.

CHAPTER 5 — The Rise and Fall of Civilizations in the Solar System

Problems in the Solar System (5 million to 1 million BC)

The Arrival of the Dark Orions to our Solar System

The Orion system consists of the familiar constellation you look at, usually visible high in the night sky in the winter time from temperate latitudes north and south of the equator. From the northern hemisphere, the bright top left star is Betelgeuse and the bright lower right star is Rigel. Obviously the positioning is reversed in the southern hemisphere.

The benevolent spirit guides that work with this channel usually include other nearby stars when grouping constellations, not just the ones that make up the particular god or mythological figure formed in the few stars immediately surrounding the bright ones. For example, our sun is considered part of the Pleiades system, not just because the Pleiadeans were the first to colonize the Earth, but because the Pleiadean high councils felt that our sun fit energetically and location-wise into their mapping system.

The Orion system has several stars with inhabited planets. Within the constellation proper, there are civilizations on the planets around Betelgeuse, Rigel and one of the stars in Orion's belt, Mintaka, where the Orion high councils reside.

In addition, there are other stars in the Orion system that have been colonized by migrating Orions who sought to expand their empires for various reasons. Those reasons include: (1) the desire to mine precious natural resources from previously uninhabited planets; (2) the desire to escape tyrannical rule on their home planet (which may have existed from time to time or almost constantly depending on the world in question); (3) fleeing from their home planet as refugees of war; (4) seeking conquest of other races from a nearby vantage point (an uninhabited planet near an occupied one, for instance); and more.

In some cases, the Orions in a given star system may have polluted their home planet to the point of endangering all of the life on such world, and were migrating to avoid disaster.

All told, there are about 100 worlds in the greater Orion system (just as there are about 100 worlds in the greater Pleiadean system) that have various levels of extraterrestrial intelligence residing on them in one of the many dimensions of time and space. The vast majority (about 80%) are higher dimensional civilizations that our scientists will be unable to detect as they scan the universe for intelligent life. The remaining 20% will yield signs of life to anyone with even modest instrumentation.

The history of Orion is long and complicated, but suffice to say that the "Star Wars" series of films, depicting wars in space and between planets, that supposedly occurred "in a distant galaxy far far away in a time long long ago," quite accurately depicts in many ways the ongoing warfare that engulfed the Orion system up until about 100,000 years ago.

It is inaccurate to say that the Orions are the bad guys and the Pleiadeans are the good guys. This kind of simplistic thinking is still in evidence among those that should know better on Earth. With very few exceptions, star races are a lot like humanity — varied and diverse, to the point where highly enlightened members of their societies co-exist with those who are completely shrouded in darkness.

Generally, the higher dimensional civilizations tend to have a narrower range of consciousness. On a seventh density Pleiadean world, for example, you might have souls ranging from extremely enlightened to moderately enlightened. It is safe to say that the planets in conflict are generally third and fourth density worlds. While beings from fifth through seventh densities can come to a lower world and get trapped in the negativity there, such higher dimensional worlds themselves are rarely, if ever, embroiled in conflict.

There is a misunderstanding going around that corruption occurs up to and including the 11th dimension. We suppose it depends on what type of dimensional model you are using. If your model depicts 144 dimensions, then certainly it is possible that the lower 12, or 24, or some number, are subject to negativity.

While “as above, so below” is a generally accurate statement, it refers to the fact that everything in the outer worlds is a reflection of inner values and consciousness, and since God is everything that is, it is also a reflection of the part of God that has not evolved beyond duality and conflict.

In the case of higher dimensional worlds, “as above, so below” also fits; it’s just that the “below” in this case is an enlightened planet that reflects the inner (higher) values of love and compassion.

So our point here is that all or most of the negativity on Earth comes from “above” in the sense of the fourth density realms (which have been “above” the Earth for many millennia as the Earth has been a third density planet), or in this case, “within,” (meaning from the deeper recesses of the subconscious mind and unresolved karma of various beings) and also from those fourth density souls who have influenced humanity over the past several million years. Being a third density planet, fourth density is often thought of as above or in the heavens, and there have indeed been numerous “wars in the heavens,” meaning fourth density beings fighting over who will control Earth or similar planets.

So it is important to put things into perspective before we judge any planet, star or constellation as positive or negative.

That said, Orion has played perhaps the most significant role of all in the adulteration of the original Adamic race on Earth.

Some channels talk about Orion being a feminine-oriented set of worlds, ruled by a queen, while others talk of a highly masculine society ruled by ruthless warriors. There is truth in both these viewpoints, depending on which star systems you have visited (from the inner planes or in past lifetimes or based on which ETs you are listening to).

The Orions that came to Earth (and the other planets in our solar system) were mostly from the masculine-oriented worlds and certainly brought their warrior-like aggression and competitive energies to this planet.

Although Orion today is peaceful, having lived under a solid peace treaty for thousands of years, the Orions that originally came to Earth were very much into warfare, control and manipulation. Back then there were also positive Orions, but they were generally not allowed to interfere in the affairs of Earth even though the negative beings had already done so.

Remember that the beings of Earth had not healed their Original Cause and so they would naturally attract other beings who also had unresolved core negativity.

Before we talk about the direct influence the Orions had on Earth, let’s take a look at their antics with other planets in our solar system and let’s bring in two other major players in the drama.

(Note: All the ET groups discussed in this section had bases on various moons orbiting the

planets in our solar system. As scientists study these moons, they are discovering artificial structures that they have no explanation for.)

The Dark Dracos

Beings from the Alpha Draconis star system, whose native forms looked somewhat serpentine or lizard-like in appearance, were exploring the galaxy looking for worlds they could invade and enslave. Having polluted their own home world to the point of irreparable damage, they desired a healthier and more dynamic life somewhere else in the cosmos.

They saw Earth's abundant plant and animal life and clean skies (at that time) and decided they wanted to take over our planet. However, they had a problem. The gravity and composition of elements in the atmosphere were not to their liking and had a severe negative effect on their immune systems. They had a choice: Explore nearby worlds that were more to their liking, or learn how to enter the astral planes of Earth and possess souls from those locations.

They did both. A significant contingent of Draco warriors found the planet Maldek, between Mars and Jupiter. Maldek had a less dense atmosphere better suited to their reptilian bodies. Some time thereafter, a group of Dracos also figured out how to manipulate and control the astral planes around Earth so they could influence the leaders of the colonies that were proliferating there.

This astral influence continues to the present day.

The Dark Sirians

Beings from the Sirius A and Sirius B star systems had some of the qualities of both the Pleiadeans and the Orions, being a bit more homogenized with fewer extremes than the other two races. They took interest in Earth and the habitable planets in the solar system, originally coming to assist in the development and evolution of the species in those worlds, but soon after arriving on Maldek, Mars and Earth, the Sirians fell in vibration and became identified with their egos, wanting to control and enslave the beings they considered to be inferior to them.

They brought, for the most part, the Messiah complex to humanity, along with the idea of being taken care of by superior beings. This was a more subtle aspect of Original Cause whereby, having experienced a "separation" from God and seeing the Creator as an angry, judgmental deity, the fearful humans wanted someone they could turn to in order to be a replacement for God.

"They came bearing gifts," as the story goes, wanting to be our friends, but soon turned on us and became our masters. However, they didn't start with Earth.

The Story of Maldek

Maldek was a planet rich in certain minerals and the Orions wanted to claim it for that purpose. Groups of Pleiadeans, Orions and Sirians all came to Maldek for different reasons. They quickly interbred and grew a civilization that was, from the start, fraught with difficulties and conflict. The society was divided up into several factions, even with the interbreeding, and each one wanted to dominate the others.

This all started about five million years ago, slowly at first, and then gradually building in size and scope until, by three million years ago, Maldek had a thriving civilization of over 100

million souls.

Due to the constant undercurrent of conflict, militaries and defenses became a big part of their priority systems. Each faction would spend most of their resources building up the military and inventing new weaponry, trying to outdo their opponents (sounds a little like Earth today).

Over the two million years of the Maldekian society, numerous wars broke out, each being more destructive than the last. The more Original Cause is denied, along with fragments of the soul, the more internal pressure is built up for unresolved feelings to express themselves. This was represented in the ever more dangerous weapons being deployed in these endless wars.

The Destruction of Maldek

At the time of the destruction of Maldek, the 100 million or so beings that inhabited it were about 30% Pleiadean, 30% Orion, 30% Sirian and 10% Draco. Yet the Orions and Dracos held a disproportionate share of the power, about half of it if you could figure out how to divide it up.

The Pleiadeans and Orions had the most weaponry, but the Dracos managed to convince the Pleiadeans to give up some of their technological secrets, which the Pleiadeans later regretted. As the wars progressed, many Pleiadeans ended up joining sides in the main conflict between the Orions and Dracos. Both sides had clever and convincing arguments behind why they were the good guys and the others the bad guys. Eventually, most of the inhabitants of Maldek joined either the Orion army or the Draco one.

Nuclear weapons were discovered, along with a particularly powerful neutron weapon. The details of the nuclear exchange are given in one of our earlier publications.

The day of the final conflict started much like any other, with “limited” nuclear exchanges destroying a city here or there. By this time, about half the cities of both sides had been destroyed by these weapons (about one-third the strength of modern-day nuclear weapons on Earth). Maldek was approaching dangerous levels of radiation even in far remote parts. Both sides knew they would need something decisive if anyone was going to win this war. The Orions actually launched the volley of weapons that detonated the underground supply of neutron bombs, located in one of the Draco military facilities. The explosion tore apart the planet, which became the asteroid belt between Mars and Jupiter.

About 20% of Earth’s current inhabitants had at least one lifetime on Maldek. About 50% of those that died in the explosion are currently on the Earth (around 50 million humans). If they remember their past lifetimes, there will likely be a recollection of a brilliant white flash, followed by a feeling of being hurled out into space. If they were close to the epicenter of the blast, fragments of their souls (not just their bodies) were expelled into space.

Sudden deaths frequently cause fragmentation in the soul, resulting in the phenomenon of discarnate entities. The vast majority of those that died in Maldek drifted in the astral planes after the explosion until they were able to assemble enough pieces of their souls back together to be able to reincarnate. This process took a long time for many of them — thousands of years. The majority that did reincarnate came to Mars, the closest inhabitable planet to where Maldek once stood.

Life on Mars Three Million Years Ago

The explosion of Maldek created what today is called the “asteroid belt” between Mars and Jupiter. The force of the blast knocked both Mars and Earth out of their original orbits.

Fortunately, Mars was on the other side of the elliptical from Maldek, so the effects were minimized somewhat. Earth, though farther away in the orbital sense, was a bit closer to Maldek in actual distance due to its position in the elliptical, and therefore suffered a greater distortion of its axis and trajectory around the sun.

The Repositioning of Earth's Moon

Benevolent ETs from Pleiades, seeing the collateral damage done by the explosion of Maldek, quickly summoned the best and brightest engineers to find a way to remedy the situation. They didn't have much to do on Mars to restore balance, for the reasons given above, but in Earth's case, they found a significant wobble in the axis and needed a way to adjust the orbit and rotation of Earth's moon in order to stabilize the wobbling of the axis. With the help of the Arcturians and others, they managed to alter the rotation and path of the moon's orbit around Earth. There is a reason the moon is at a distance from Earth that makes it appear almost exactly the same size as the sun, and a reason the moon's rotation exactly matches the angle of incidence to Earth (making it look as though the moon does not rotate at all).

For some reason, most scientists have never questioned the improbable odds that both the moon's distance from the Earth and its rotation would match up so perfectly. Given to natural cosmic forces, the bombardment of the moon by meteorites, as well as the gravitational influence of nearby objects, would give the moon some variation in orbital movement, yet year after year, century after century, the moon gives Earth the same face, with almost no adjustment. This is true not only in rotation, but in distance. The moon does have an elliptical orbit and its distance from the Earth varies according to this elliptical path, but if you track the variations in the elliptical orbit itself over thousands of years, you will see very little distortion. In other words, you can measure, over an extended time period, the distance of the moon at its closest approach with the distance at its farthest point, and every time it reaches the zenith or azimuth or whatever point of measurement you are using, it will correlate to within a few kilometers of its previous zenith or azimuth.

How could the moon have such a stable orbit, given the destruction of Maldek and all the constant meteorite bombardment it has received over millions of years? If the moon were once part of the Earth that tore itself off, gradually cooling and becoming Earth's satellite, wouldn't there still be a wobble in its rotation? It's almost as if someone planted it there and artificially stabilized it and that's exactly what happened, with the help of the Pleiadeans and Arcturians.

Actually, the moon was originally a satellite of Jupiter over a billion years ago, but broke away and became Earth's satellite due to natural fluctuations, interference with asteroids and other factors. In other words, you could say it wandered away from Jupiter and out into space and then along came Earth and captured it within the gravitational field. However, the moon before its readjustment by the Pleiadeans had a noticeable wobble and uneven rotation and a much longer elliptical path than at present.

At any rate, stabilizing the moon helped bring Earth back into balance from the destruction of Maldek and avoided anything more than a minor ice age from occurring. Enough about Earth's moon. Now back to Mars.

Once Mars was stabilized, souls began incarnating in droves upon the Martian surface. The population of Mars before Maldek's explosion was about one million, but with the incoming souls from Maldek, it quickly grew to over 50 million. Between 3.2 million and 1.5 million BC, Mars' civilization grew to over 200 million inhabitants.

The souls who originally settled on Mars were primarily from Pleiades, but soon the Orions,

Sirians and Dracos began arriving. Had the incoming souls learned their lessons from Maldek? Apparently not, because it didn't take long before warring factions again came forth.

After the destruction of Maldek, the high councils of Pleiades, along with the Galactic Confederation, acting on orders directly from the Godhead, passed a dispensation prohibiting any group of souls from blowing up an entire planet. In other words, these celestial groups were tasked with intervening in any war that had the potential to do what was done on Maldek.

Nuclear War on Mars

However, nuclear war was still allowed, as long as it didn't destroy the entire planet. So in 1.3 million BC, such a war broke out on the surface of Mars, destroying about 90% of the population and about 80% of the atmosphere of the red planet. There were underground cities in place long before the war began and those Martians that managed to escape went underground.

About 25 million Martians escaped underground and for a long time were able to maintain themselves there, but the artificial suns they had installed were not the same as the real thing, and gradually their immune systems began to fail until only a few hundred thousand remained. They were having trouble reproducing under the artificial light and their bodies became depleted of nutrients, despite the underground gardens and agricultural projects.

With help from various ETs, the underground Martians were able to survive until almost up to the present time, and some of their underground shelters can still be seen if you are in the right part of Mars. Also, a few of their surface artifacts survived the nuclear blasts, although most have been eroded beyond recognition by Mars' sandstorms.

Some of the implements of technology were wind-resistant and have been located and photographed, much to the consternation of government agencies that don't want the people of Earth to know that Mars once had a civilization. The irrigation systems used by the people of Mars are still visible in some areas and have been called "canals" by many researchers. Some pyramidal structures and a "face" are still visible as well.

At the time of this printing, scientists from the NASA organization reported the detection of radioactive isotopes on Mars, indicating a war fought in the distant past. It was predicted by this channel's guides, the Founders, that Earth scientists would eventually put the pieces of the Martian puzzle together and figure out that certain ancient civilizations in other parts of the solar system were on a similar track to modern day Earth's inhabitants. What most military "intelligence" officers on Earth do not realize is that they will be unable to launch their ICBMs and other weapons of mass destruction (although a few attempts have already been made and were prevented by the Galactic Confederation).

Reincarnation of the Dark Souls on Earth

Where did the souls go after their time on Mars was finished? A planet with a much denser atmosphere and gravity, the third from the sun.

When the nuclear war occurred on Mars, the population of Earth was about 25 million, mostly from colonies that rebuilt after the destruction of Pangaea. These widely scattered groups had struggled through several Earth change events and the war on Mars created another wobble in the rotation of Earth, although much smaller than when Maldek was destroyed. Therefore, the population of Earth had remained somewhat constant over the past two million years.

Once things settled down on Earth from the problems on Mars, the "laggard" souls from Mars

and Maldek began arriving in force. There is a reason they didn't come to Earth in the first place and ignore the colder planets, and that is because most of them had a harder time with Earth's dense atmosphere and gravity. Nevertheless, within a few generations, their bodies began adjusting, their life span increased, and the population of Earth began to grow once again.

You would think that "the third time's a charm," when it comes to learning soul lessons, but perhaps you underestimate the stubbornness of some souls in learning new ways of living. It didn't take long for some of the same problems to start appearing yet again, this time on Earth.

Due to the constant downward force that the "laggard" souls had on the more evolved root race Pleiadeans, every small civilization that got started between the time of the Mars wars and the emergence of Lemuria over a million years later, was greatly hampered in its ability to thrive and become truly harmonious.

While there were three major civilizations that came and went over 10 million years, there were numerous smaller ones, often pertaining to one area of the Earth. Since the majority of the precessional alignments and ice ages affected the temperate climates and not the tropics, the longest-lasting tribes and cultures were centered around the equatorial regions.

The forces in the heavens had a great deal of impact on the lack of significant technological progress during the pre-Lemurian (and post-Lemurian) time periods. When modern-day archaeologists and anthropologists mistakenly make the claim that humanity descended (ascended?) from the ape, such a view is understandable at first, since the souls inhabiting the Earth during this period were continually interfered with by malevolent forces. Such forces were drawn to them because of their unresolved karma from Maldek and Mars.

The result of this lack of "progress" included getting wiped out by precessional alignments and ice ages repeatedly, just as simple advancements in weapons and tools were being made. In other cases, negative ETs would come and wipe out an evolving culture and then take over, or would interbreed with the existing culture and change it significantly in a negative way.

Feudal systems became more and more apparent, with a few controllers oppressing the many. As is the case today, the bloodlines were controlled and manipulated to keep certain negative ETs in positions of power, with all other human beings kept as slaves.

From one million BC to 500,000 BC, the population of Earth kept relatively constant at around 10 to 20 million souls. The numerous human and natural disasters would cull the population just as it was beginning to expand significantly. The most dramatic changes began around 500,000 years ago, as you will see in the next part of this book.

PART 3 — The Most Recent Million Years

CHAPTER 6 — The ET Influence over the Past One Million Years

One million years ago today, the population of Earth was about 20 million, scattered into various large colonies in about 50 locations around the globe. The land masses had stabilized significantly since the days of the flood and earthquakes were only a bit more pronounced than they are today.

Interference from Various Extraterrestrial Groups

In addition to the Orions, Sirians and Dracos, who were now incarnating into human form on Earth, there were numerous other groups who came in spacecraft to explore the potential of Earth's mineral resources, or to contemplate the idea of enslaving the evolving humans.

The original Pleiadeans, having somewhat of an investment in their humanity project, did their best to discourage, or even prevent, any full-scale invasions. They could not stop souls from incarnating on Earth no matter where the souls came from prior to their incarnation. Earth was an “open-enrollment” school, allowing any souls who wished to have an Earth experience to incarnate here.

When it came to visitors from space, however, there were some controls in place, or at least there appeared to be. The majority of the ETs who visited Earth were respectful of the evolving humans and only interfered on a small scale with human evolution. The biggest interference came from the Orions of Betelgeuse and Rigel.

Invasion of the Orions: The Luciferian Rebellion (500,000 BC)

In previous writings, we lumped the “war in the heavens” known as the Luciferian Rebellion in with the invasion of the Orions on the surface of the Earth. Although the two events are directly related, allow us to differentiate them a bit.

In essence, the war in the heavens started out being between the Betelgeuse and Rigel factions of Orion over who should control planet Earth and be the rulers of the humans living there. Because the Betelgeuse faction was a bit more peaceful and seemed to really care about the humans, they were branded the “good guys” and the Rigelian “dark lords” were branded the “bad guys.”

The Betelgeuse faction managed to convince many “light” groups that the Rigelians were evil and needed to be eliminated. Some of the archangels were drawn into this conflict, including Archangel Michael, who wanted the “light” to be victorious over the “darkness.”

Although Archangel Michael now realizes his error, at the time he got drawn into this duality

due to the presence of the Archangel Lucifer, who was actively encouraging the two sides to fight one another. Archangel Lucifer's problem was that he judged the emotions of souls to be bad and wrong, and sought to eliminate the emotions because they were "nothing but trouble." He had a similar attitude about the sexual force.

In this case, Lucifer would pit one Orion faction against the other, using the "divide and conquer" strategy so familiar in today's world.

To Lucifer, this Orion war was an intellectual exercise, a chess board wherein he delighted in using his celestial powers to manipulate and control the leaders of both factions. When Michael realized what Lucifer was doing, he was outraged.

The ideas of armchair warriors, detached intellectuals, Victorian-style puritans abstaining from sexual pleasure, and a host of other beliefs and attitudes all arose from Lucifer's stance. Lucifer convinced Michael that he should fight against the dark lords of Rigel, but Lucifer could have just as easily portrayed the Betelgeuseans as the bad guys; it would not have mattered.

Lucifer's teachings are always centered around the idea that there is a good and godly ideal and that any soul who doesn't live up to that ideal is evil, bad, wrong, or is a slave to the emotions or sexual desire. This teaching has worked its way into the major religions, especially Christianity during the Crusades and Inquisition. Shaming men for their emotions and punishing women for their sexuality are two hallmarks of the Victorian age, which was sponsored by Lucifer's teachings.

We are not sure how Michael was swayed by Lucifer to go to war with the Orions, but the battle in the heavens lasted about a thousand years. Eventually Michael realized what Lucifer was doing and turned his efforts toward Lucifer, and the two archangels, with their various armies of supposedly light beings, became the main players in the war.

The Rigel and Betelgeuse factions eventually formed a weak peace treaty and agreed to work together to bring harmony and balance to Earth. However, the peace treaty did not hold and soon the two factions were vying to see who could take over the Earth, this time on the surface.

The Orions came en masse to the Earth and interbred with the humans. The two factions each wanted to build up their sides in the conflict through reproduction and conquest of territory.

Several ethnic and religious groups grew out of this conflict between the two Orion star systems, including eventually the Romans and many of the Arabs and Middle East factions. However, another group from the stars was the dominant player in the Middle East, the Sirians.

The Arrival of the Sirians from Sirius A and B and the Annunaki from Nibiru (about 300,000 BC)

From about 500,000 BC to 300,000 BC, the Earth's civilization see-sawed between periods of growth and relative prosperity, and regional wars spawned by the Orion factions. Although each side would have loved to see the other wiped out, there were forces at work preventing them from developing nuclear weapons or other weapons of mass destruction. Think of the situation in the Middle East today, with seemingly endless regional conflicts.

There were a number of precessional alignments and other celestial events that also played a part in this period of humanity, including a couple of ice ages, some big earthquakes and interference from other extraterrestrial groups. The population went up and down between about 50 and 100 million. Gradually, the Orions became the dominant DNA on planet Earth, due to extensive interbreeding with the Pleiadeans and those already diluted with Sirian and Draco

DNA.

Around 300,000 BC, a group of Sirians from the planetoid Nibiru came into the solar system and were able to land on the Earth. Although they were not great in number, they made up for that in their determination to be the saviors of humanity, coming to rescue them from the endless wars of the Orion factions.

The Sirians from Sirius A and B were already well-established on the Earth as incarnates from Mars and Maldek, but their DNA was heavily diluted with Pleiadean and Orion strains.

The vibrational level of most souls on Earth was quite low, somewhere around mid-third density, due to the constant thoughts of duality, light vs. dark, and unresolved emotions from Original Cause. When the Sirians from Nibiru, later known as the Annunaki, came to Earth in their spaceships, they had a lot of their higher powers intact and were immediately thought of as gods because of their superior technology and psychic/intuitive skills.

Coming with a strong Messiah complex and wanting to save humanity from themselves, they were unprepared for their own ensnarement in Earth's entropic vibrations. Their egos became mesmerized with the availability of humans willing to do their bidding, since they were "gods." Soon, the pastime of the day for people was how to please the "gods." The male Annunaki took human females to be their consorts and objects of pleasure, while the Annunaki women did the same with the human males.

Before long, the Annunaki had dropped in vibration and were now much like the heavily diluted Sirians from Sirius A and B. Except for one thing. They had their superior technology, which they used to full advantage to gain position and power in the Earthly hierarchical structure.

The planetoid Nibiru they rode in on, before disembarking from it and heading to Earth in spaceships, was a small, rocky world that had originally been in orbit around Sirius C, a third star in the trinary cluster of Sirius. When Sirius C collapsed into a brown dwarf star, the gravitational wave tore Nibiru loose from its orbit and flung it into deep space. The Annunaki, already living aboard giant motherships that were constructed due to their advance knowledge that Sirius C was going to collapse, quickly pursued Nibiru and managed to land on it and start artificial colonies (self-enclosed due to the almost non-existent atmosphere).

The unstable path of Nibiru led it into the Earth's solar system and after a few passes, it settled into a 3,600-year orbit causing it to slice through the orbits of the outer planets and briefly make a pass through the inner ones, before being flung back out into space by the sun (the "slingshot" effect). The closest Nibiru ever got to planet Earth herself was about 50 million kilometers, a safe distance from a physical standpoint, but very close from an electromagnetic perspective.

When the Annunaki saw the rich variety of plant and animal life, and especially the valuable natural resources, including badly needed minerals and gases, they fell in love with Earth and vowed to find a way of settling here. It took several passes (and many generations) before they were finally able to land on Earth. Developing complicated transport technology while marooned on a moon-sized planetoid with almost no atmosphere is quite an accomplishment. However, over the thousands of years that Nibiruans were marooned on their planetoid, many of the more evolved members attained high states of consciousness and were able to assist the lower-vibrational members of the society in constructing the transport vehicles. The highly evolved Nibiruans were not prepared for the rapid decline in vibration of those that decided to come to Earth. They attempted to rescue their brethren, but the Earth-bound Nibiruans did not want to be rescued. They were having too much fun playing "god" on the surface of Earth. Now let us tell

the story from the viewpoint of the Earth-bound Annunaki.

The beings who came from Sirius C were at several levels of vibration. The higher ones among them had no trouble making their way to Earth, but refused to do so because of the likelihood that they would fall in vibration once they made the journey. So it was up to the younger souls among them, full of brash ambition and ego, to land on and, hopefully, save the humans from themselves.

Deep inside, they already had an intense desire to be worshipped and praised, but they channeled all their energy into their “benevolent, mercy rescue mission.” They did not understand human free will or the need for many of the souls on Earth to continue learning the lessons they were presently engaged in.

As the Annunaki dropped in vibration on Earth, contact with the motherships and Nibiru began to be broken. Their compatriots in the heavens sent reinforcements a couple of times, but every time the groups were lost, or came back shaken up and confused. Finally, the motherships and Nibiru gave up on the Earth-bound Annunaki, figuring out that it was much too dangerous to keep sending search parties to rescue the rescuers.

Nevertheless, every 3,600 years, a new group of ambitious Sirians usually decides to come to Earth, hoping to find evidence of their brothers and sisters who came before them.

Their brothers and sisters were thoroughly enjoying their new-found “power” and didn’t want to give it up for anything. Of course, they interbred with the Orions and Pleiadeans, and some of these souls, as well as the Dracos, were also in positions of power.

All this power-worshipping came to a screeching halt around 200,000 BC, when a particularly powerful precessional alignment caused major climactic shifts on the Earth, along with some massive earthquakes. Many Sirians went underground, but were unable to survive the continuous tremors. A lot of them had the roofs and walls of their hideouts collapse, while others were swept away in floods. Despite their seeming power, they realized they were relatively powerless over nature, although some of their ships were still able to function.

Even if they could have left the Earth, they didn’t want to. They were drunk on the power they seemed to have over the common people. They had been ruling for thousands of years and wanted it to stay that way.

Once again, the population of Earth dropped precipitously, back down to about 25 million, scattered throughout the planet in disarray. The technology the humans had developed largely due to the Sirians was mostly destroyed in the Earth changes.

The survivors dug out from the rubble and started over again, slowly reinventing the wheel, so to speak. The Annunaki, on their 3,600-year passes through the solar system, became aware of the problem and decided they would try once again to rule the Earth with a new batch of recruits. The new recruits were not quite as successful as their predecessors, encountering a lot of opposition from Orion and Draco factions that had the same ideas.

This is one of the origins of the “jealous god” syndrome, since the three star systems were constantly competing to see who was best and deserved to rule. Since the destruction of their technology had returned them almost to the stone age and the spaceships were reluctant to get too close to Earth lest they get sucked into the negativity, the warring factions had to make use with fairly crude weaponry during this period of time.

The Dracos Invade and Possess the Humans (about 150,000 BC)

The Dracos had always had a hard time with the environment of Earth. They had had to settle

for incarnating, which was complicated and challenging, as well as exerting their astral influence. Nevertheless, they didn't give up their dream of ruling Earth, and began perfecting new ways to control humanity. From a fleet of their spaceships, they developed holographic projection and came to Earth as images of their real selves, which were safely tucked away on the ships. They also found a way to more deeply infiltrate the astral planes of Earth, which enabled them to enter the minds of humans and control their thoughts and feelings.

They started assisting the incarnate Dracos in their desire to advance in life and become part of the ruling class. At the same time, they found ways to "possess" the ruling Orions and Sirians, thus shifting the balance of power ever so slightly. Over time this slight shift became more significant and eventually, the Draco reptilians and their various alliances were able to regain a lot of the power they had enjoyed on Maldek and Mars.

Along came another precessional alignment, however, and cut short the dreams of the Dracos. Their next chance at world domination would not come until near the end of the next major civilization.

The Second Major Civilization: Lemuria

Following the precessional changes, the civilization that eventually grew and flourished on the Earth was more heart and solar-plexus oriented than mental. It seems a lot of souls who decided to incarnate on the Earth wanted to have an experience of raw emotional energy and were fascinated with the music, dance, drumming and rhythms being created in the island areas.

Despite the constant warring between the three factions (Orion, Sirian and Draco), humanity grew and multiplied. After all, there were no weapons of mass destruction to cull the population and the Earth had re-entered a relatively stable period geophysically. The numbers eventually grew to over 100 million and beyond. The majority of the people lived in the tropical zones on islands which today are part of Indonesia, the Philippines and portions of Southeast Asia.

The people became more and more artistic. Tribal dance, music, poetry, theatre, and all manner of creative endeavors became the dominant pastime. Fishermen and growers of tropical fruits became the main source of food, and due to the tropical climate, structures were typical grass huts with simple palm-tree-based tools and implements.

Prior to this time, the Pleiadeans in the heavens had decided to quarantine planet Earth due to the almost constant violence observed on the surface (and sometimes in the heavens), so they erected a frequency fence to keep the warring humans to themselves. The Orions, Sirians and Dracos in the heavens, for the most part, stopped coming directly to the Earth, having finally learned their lessons about falling in vibration when they attempted to land directly in their spacecraft.

Nevertheless, some dark groups from these worlds came up with their own version of the frequency fence, for the purpose of preventing humans from learning of their cosmic heritage. It was decided that ignorant humans would be easier to control once the warring factions figured out how to come back to resume their domination.

The technologies that had been developed on Mars and Maldek had not yet been reintroduced on Earth. The reasons for this had to do with interference from various ET groups, combined with the frequency fences that were being erected by both the light and dark ones.

For these reasons, the first period of Lemuria was a somewhat peaceful affair. The warring tribes began dying of old age and the new generations were less inclined toward warfare. Additional weak peace treaties were signed and for once, the Earth seemed to enjoy a relatively

quiet, peaceful period.

About 100,000 BC, Earth changes came once again and a flood ensued, much smaller than the one that destroyed Pangaea. The majority of the Lemurians drowned and were swept away by the sea. Once the waters receded, the survivors started to rebuild and a second period of Lemuria began. This second part lasted until about 75,000 BC, when the tail of a comet brushed the Earth, dropping the temperature over 20 degrees Celsius in a matter of hours in some places. Many of the Lemurians froze or walked into the sea and drowned.

What was only revealed recently (by this channel) was that the Dracos were behind the destruction of the second Lemuria. They had found a way to alter the path of the comet just enough that they were able to get the tail to enter the atmosphere of Earth, thereby cooling the planet dramatically.

The plan was to invade Earth once the humans had perished and finally claim it for themselves. This they attempted to do, but once again had trouble maintaining their vibration once they got here. Their “rule” lasted about 200 years before things started to fall apart. For one thing, the population was only about 10 million and was scattered to the four corners of what was becoming a more and more dry Earth. Without advanced technology, there was little they could do to control such a diverse and spread-out population.

The frequency fence that the Pleiadeans put up did not stop the Dracos from coming to Earth, but it did hinder them a bit, making it more difficult to bring higher technologies onto the planet. It seemed their electromagnetic devices did not work very well on Earth due to the nature of the gravitational field, and the frequency fence made it almost impossible to communicate with their motherships. Their psychic abilities were also quickly dampened by the geophysical field of Earth. After a few generations, most of them died out. Their reproductive systems began to fail due to the unfavorable atmosphere and their abilities to reincarnate were severely curtailed.

Nevertheless, some of them managed to survive and they never gave up their dream of eventually controlling the Earth.

The Soul Lessons of Lemuria

The Lemurians had open hearts and fully developed emotions, but they lacked the intellectual knowledge to save themselves from sudden changes in climate. Many had been content to live simple lives by the sea, but were not furthering themselves spiritually. Contentment has its place, but eventually souls must begin challenging themselves to learn new things. While the more enlightened members of Lemuria were very creative and artistic and many communicated telepathically with animals, there was no significant forward spiritual progress.

The lack of balance between the head and the heart was the real reason for the disappearance of Lemuria, although the Dracos played a part, attracted to the civilization because of denied and suppressed Original Cause.

The Third Civilization: Atlantis

We have spoken of Atlantis repeatedly in our previous writings, so we will go over the story briefly here, perhaps emphasizing a few different points this time.

Probably every reader is aware that Atlantis was destroyed by flood, but the details of how that happened may not be readily apparent.

The short version is that one of the underground crystal generators exploded, causing a large

earthquake and resulting tsunami. The shock waves of this event caused 20 meter high waves to inundate the capital city and soon thereafter, additional earthquakes gradually sank the continent until today it is several hundred meters under the sea.

In essence, war broke out between the Pleiadean-based rulers and the Orion rebels from the Rigel star system. The rebels ended up stealing the crystal technology and attempting to use it to make powerful weapons. The weapons never materialized because before they could successfully harness the energy, they overloaded one of the generators.

The Soul Lessons of Atlantis

During Lemuria, souls became unbalanced in the heart chakra, denying their intellectual, logical, rational minds in favor of emotions and creativity.

In Atlantis, it was the opposite. Souls become very mental and lost touch with their heart and intuitive feelings. Many became very arrogant. The high technology that was developed using crystals gave the Atlanteans a false sense of power and they were unable to make wise decisions in their government councils.

This author has worked with hundreds of souls who were alive during the time of Atlantis. Many of them had traumatic deaths during the destruction. The deaths themselves were not the biggest issue; it was the guilt they felt at being unable to save Atlantis. As the lightworkers were leaving their bodies, they looked down at the destruction, but were unable to do much about it.

Most of the lightworkers were somewhat psychic and intuitive and knew something was going to happen. They tried to warn the high councils, but nobody would listen.

Feeling powerless and helpless to change one's circumstances, which started with Original Cause, was reinforced during the time of Atlantis. If you were a high council member, you had guilt due to your ability to do something and failing to do it before it was too late.

On the surface, it seems the Orions were responsible for the destruction, but remember that the unresolved emotional and mental issues of the Pleiadeans are what attracted the Orions in the first place. In this case, the Orions pretended to be on the side of the government and managed to gain access to secrets that they later used against the people (and themselves ultimately). Issues of trust are rampant among those who had past lifetimes in Atlantis. Anyone claiming to be your friend is met with suspicion and sometimes fear.

Atlantis went down due to a collective soul agreement between the people who incarnated there. The biggest lesson that they failed to learn was to discipline the ego before it went out of control and got them sucked into wars and conflict.

Parallels to Today's World

Both Lemuria and Atlantis are represented in the lessons being learned today on Earth. It seems most souls did not fully comprehend what their souls wanted them to learn from the destruction of those continents, and so many may be doomed to repeat the scenarios, but in a lesser way this time.

Because of the critical mass reached by the lightworkers now, full-scale destruction is no longer permitted. However, this does not mean there will not be some cataclysms; just that not everyone will perish in them.

This channel's spirit guides have stated that 75 to 80 percent of humanity could exit the Earth in the coming years, although perhaps only 10 to 20 percent through natural or manmade disasters. The rest would likely exit through immune system failure as their souls realize they are

not learning the lessons they came here to learn and are preparing to send them somewhere else.

We have discussed the divergence of third density from fourth and fifth density realities before in previous writings and will not take any more time to do so here.

CHAPTER 7 — The Story behind Many Ancient Cultures

In this section, we are accommodating those readers who are still a bit skeptical about some of the claims being made in this book. Although it seems doubtful that you would have kept reading to this point if you are a mainstream researcher, we feel it is important to keep a balanced, scientific perspective for those who have not had a direct experience of the higher realms. If you are a reader who already has the big picture, but perhaps have skeptical relatives, friends or business associates, we suggest providing them with this chapter to read at their leisure.

How People Arrived at Their Present or Past Locations on Earth

Many an archaeologist and anthropologist have raised their eyebrows when discovering ruins or remnants of a civilization that “should not have been there.” A simpler and more direct question would be, “How in the world did this tribe get all the way over here?” Another relevant question is, “How did this technology, art or craft get all over the world when there was no visible means of transport?”

In some cases, there is evidence of technological feats that do not seem possible by today’s standards, such as the lifting of huge stones into precision places high up on mountains. Oftentimes, the materials came from far away and were expensive or rare.

Let us review the possible ways different races and ethnic groups can end up where they are or were, or how they could have “suddenly” discovered advanced technologies. We are not discounting the theory of mutation or sudden quantum shifts in a particular organism. Rather, we are expanding our horizons in light of the information that has been given so far in this book.

Developments, such as the hundredth monkey theory, are well-documented. However, such quantum shifts in the genetics of a given race and its civilizations cannot possibly explain everything that is being discovered by archaeologists and anthropologists. You do not go from copper chisels to laser-cut stones through a genetic change in a population, at least not within several generations.

We’ll start with the methods of relocation or technological change generally accepted by mainstream scientists (steps 1 through 4 below) and then offer explanations for the more seemingly impossible discoveries.

Here is the list of ways people can end up in certain places and/or have certain technologies:

Table 7.1 — Methods of Migration or Relocation

1. Migration, by walking, horseback, camelback, or some other means of animal transport, over land;
2. Migration, by swimming or boating, over seas to nearby lands;
3. Migration by large sailing ship to faraway lands;
4. Massive Earth changes causing forced relocation by shifting land masses. Re-depositing of bones, implements and technologies from one part of the Earth to another due to tectonic or volcanic activity. Burying of civilizations under land

and sea, or unearthing ancient ruins that were once buried. In most cases, this option only shifts the location of ancient civilizations a few hundred kilometers at most if the civilization existed within the last one million years

5. Migration by some sort of air transport vehicles self-discovered;
6. Telepathic communication by ETs instructing native peoples in technological methods and means;
7. Migration (relocation) by air transport vehicles provided by ETs;
8. Direct settlement by ETs stepping off ships and setting up colonies;
9. Direct interaction of ETs with native peoples, teaching them new technologies, or ruling and controlling them while keeping their rulers' bloodlines pure, or with the ETs eventually leaving the humans to be on their own;
10. Interbreeding of ETs with native peoples, in some cases with hybrids becoming the dominant race in a given area;

If 23 different ET civilizations have interacted with Earth directly, then methods 5 through 10 above have a lot of variations and a disproportionate influence on many cultures. You could say that we are all extraterrestrials, having come from Lyra or the Pleiades, based upon the information given in the earlier chapters.

Let us talk about each of the ten methods for spreading civilizations in a bit more detail now.

1. Migration, by walking, horseback, camelback, or some other means of animal transport, over land

There are many reasons why a particular group of human beings will migrate. Some of the reasons include: a) depletion of natural resources in their land of origin; b) droughts, floods or sudden catastrophes forcing relocation; c) conflict with neighboring tribes, perhaps losing a war and surrendering their land to an enemy thereby becoming refugees of war, or conquering an enemy and then occupying their land; d) religious beliefs suggesting a promised land lies "somewhere over the rainbow;" e) a nomadic lifestyle for reasons other than a) above, such as earning one's livelihood trading goods and services across a broad expanse of land; and f) curiosity combined with improved technology allowing for more travel and hence, discovering a more desirable place to live.

It is obvious that land migration is perhaps the most common way cultures have had influence over a large area of a given continent.

In some cases, the reasons for migration may involve combinations of the above, such as having depleted resources in a given area and then invading and conquering a neighboring tribe and stealing their resources, and perhaps continuing to invade and conquer until an entire continent is occupied by the invading force.

There are numerous examples of b) above, where sudden changes in climate or a prolonged drought forced the departure of a culture from a given area. In some cases, the people were unable to find a suitable habitat and perished en route or simply died where they were, usually from sudden disease. Not all of the mysterious disappearances of tribes are due to famine, drought, flood or disease and being unable to escape. In some cases, extraterrestrial visitors have "rescued" the tribe and relocated them (see example 7).

Regarding c) and d) above, the main reasons for conflict, besides competing for resources, have included religious beliefs and being manipulated by other cultures. If the conflict is

religious-based, it could be that the people instigating the conflict believe they are “God’s chosen people” and deserve to go forth and multiply regardless of who is in their way. Seeing natives of other lands as less worthy, they justify killing or possessing them in the name of God.

Being manipulated by other cultures is a very popular reason for conflict, especially in recent times, under the philosophy of “divide and conquer.” In this case, a third party (another tribe sitting on the sidelines of the conflict or a secret organization of wealthy, influential people) causes two tribes to enter into conflict and destroy each other, after which the third party moves in to claim control over the remaining members of the warring tribes. It has been documented that for thousands of years these third parties have been supplying weapons to both sides in conflicts, along with supporting political leaders that will further their hidden agenda (which always involves some form of control). “We’ll put the Jews over here and the Muslims over there,” like pawns on a chess board.

In addition to Earth-bound souls who benefit as third parties during times of war, there are extraterrestrials that thrive on war and conflict and will find ways to instigate violence between neighboring tribes. Some ET groups are “fed” by anger and fear, and are constantly orchestrating scenarios designed to maximize these emotions in humans. The so-called “war on terror” in modern times is an example of both human and ET groups feeding off the fear of the masses.

Regarding the other reasons for migration in addition to those given above, there are many souls who have never felt at home on Earth, having a vague remembrance of a much better life elsewhere. These are the “grass is always greener on the other side of the fence” souls. Some of them simply cannot put down roots in one place, no matter how good the climate or resources. As a country singer put it, “I just can’t wait to get on the road again.”

This brings us to one more reason for migration, related to the nomadic lifestyle. Some livelihoods depend on constant travel (such as in the example of the country singer). Trade routes are based on well-established nomads who gradually increased their numbers. Here, we find the missionaries, combining religious reasons with ones of livelihood. “Let’s travel to a faraway land so we can convert the pagans there to Christianity,” for example. Using the Spaniards as a further example, we see religion and livelihood combined with a desire for riches and new resources. “Convert the heathens, steal their gold and establish new homes and businesses for ourselves.”

When we study specific tribes and cultures in the next section, we will indicate to what degree common migration affected the rising and falling of their civilizations.

2. Migration by swimming or boating over seas to nearby lands

There are many island nations on Earth. In fact, there are over 10,000 small inhabitable areas surrounded by sea, and new land is being created from undersea volcanic eruptions. Oftentimes, new islands have very fertile soil, a mixture of minerals from deep in the Earth combined with the elements in the atmosphere.

Tribes living in areas with numerous islands frequently traveled by canoe or other small boats to explore uninhabited places within their general geographic region. If the newer islands were too rocky to grow crops, they would confine themselves to gathering coconuts, papayas and other fruit from the trees and carrying the fruit back to their communities.

Trade networks between inhabited islands became established. In a few cases, dolphins transported swimmers between islands, especially in Lemuria.

3. Migration by large sailing ships to faraway lands.

Historians are fairly certain regarding when and how large sailing vessels were constructed and used to migrate long distances over the sea. Such ships, when they are no longer in use, deteriorate, being made from wood, but due to their size and the use of metals in the more critical parts, remains of sailing vessels are fairly easy to locate and date, considering that most shipwrecks have happened in shallow waters.

Of course, new shipwrecks are constantly being found. After all, the sea is largely unexplored. Ancient civilizations still lie buried under thousands of meters of silt and mud at the bottom of the sea.

Vessels constructed millions of years ago would have been subjected to major shifting of land masses and would likely be undetectable by modern locating equipment.

However, in modern times, meaning within the last 10,000 years, historians have a pretty accurate picture of trade routes and migration patterns by sea, based on where shipwrecks have been found and the implements uncovered in different continents.

If history were true according to the mainstream version, you would expect the types of implements, statues, jewelry, bones and other remnants of ancient civilizations to follow the established patterns of seagoing migration. Let's not forget to include stone monuments, whether they were erected to worship deities, be a home for ceremonial sport stadiums, or were constructed for some other purpose.

However, this is where things get strange, from a conventional perspective. Ancient cultures supposedly did not have mechanized sailing ships capable of traveling easily to every continent. Crude implements were not capable of building ships able to withstand the constant assault of weather in the open seas (just as crude copper saws could not have constructed the Great Pyramid).

No advanced sailing ships have been unearthed from deep in the oceans, nor have any basic vessels been discovered that are more than a few thousand years old (despite the long shelf life of metals).

So how did we get Asian cultures in North America with hieroglyphics, such as those found in the Grand Canyon? How did stones get transported across the sea and erected as monuments in Easter Island? There are numerous examples where cultures from one part of the world have artifacts on the opposite side of the planet, in places that could only be accessed by traveling great distances over the sea. Unless...

4. Massive Earth changes causing the relocation of archaeological sites, etc.

Over long periods of time, constant tectonic shifting (periodic major earthquakes), along with volcanic action and erosion, can change the location of the remains of ancient civilizations, often burying them underneath a lot of silt and debris, or unearthing them, as the case may be.

You can still see the signs of ancient seas thousands of meters above sea level in many parts of the world, especially in sedimentary layers. Yet, according to modern dating methods, these radically different altitudes and positions of the seas happened millions of years ago (between 10 million and 100 million BC and before that, of course). The amount of shifting of land masses within the last million years is relatively minimal and cannot account for ancient artifacts (dated within the last million years) appearing on different continents that belong to the same or similar tribes.

It takes time for high mountains to come out of the seas, or oceans to rise hundreds of meters, or continents to drift apart. None of the civilizations that existed within the last one million years could have shifted intercontinentally.

Then why is it that almost every archaeological period over the last one million years includes worldwide distribution of artifacts of a similar nature or culture? There are two possible answers.

First, there was a global civilization that gradually spread out across the face of the Earth until every continent (except Antarctica) was colonized and developed. In order to become global, such a civilization must have had some sort of advanced technology to transport large building blocks across thousands of kilometers of sea, or up and down continents and across straits.

If a tribe existed for millions of years without advanced technology, we might have seen very intricate and abundant dwellings from that given tribe, but confined to one continent, and this is often not the case.

Also, if this first possible answer were true, we would, by now, have found bones and buildings belonging to this advanced civilization, rather evenly spread across each continent in the fertile areas, but this is also not the case. Instead, the global spread of ancient artifacts forms a rather erratic pattern that does not follow established trade routes for seagoing vessels.

Clearly, ancient civilizations had some other means of transport besides sailing vessels, and land shifting does not account for all of the discoveries that have been made over the past few hundred years.

In addition, almost every ancient culture talks about “gods coming from the skies,” and many have drawings and paintings that show flying machines. It could be argued that these existed only within the imagination of those rendering the drawings, but some are very detailed regarding the purpose and mission of such transport devices. In several cave drawings, flying machines are delivering supplies to the people, or their occupants are helping build structures. Some of the machines look like marvels of modern day aviation complete with the parts needed to navigate with aerodynamic precision, and many resemble sightings of UFOs that are reported in modern times.

How would ancient cultures possibly understand the complexities of flight? Let us examine this question in the next section.

5. Migration by some sort of air transport vehicles, self-discovered

At first glance the reader might think there are no cultures that fit this description, but actually this is one of the more significant methods for cultural change and relocation. We could have called this method, “Migration using technologies created by souls who incarnated from higher dimensions, or starseed incarnation of souls with advanced knowledge of higher technologies, embedded into a given culture.”

This means a transfusion of numerous Einsteins and Teslas into a given culture, bringing with them knowledge from the stars and causing sudden changes in technology. The Renaissance period in recent history could be argued to be an example of this. All of a sudden a lot of creativity seemed to emerge in the cultures of Europe. Could it be that a lot of these creative people came from other star systems and incarnated into human form all around the same time? After all, this is what is happening now, with the indigo, crystal and rainbow children.

Those in the higher realms may have been given permission to incarnate on Earth into an existing culture with the express purpose of advancing that culture technologically. In some cases, they may have come without permission. Keep in mind that for a long time, any soul could incarnate on Earth without restriction. Those ET races that found it too difficult to land directly on the Earth would opt for reincarnation into human form or, if that method seemed too time-consuming, would utilize what is commonly called the “walk-in” experience. This means “possessing” the humans for specified periods of time up to and including the entire lifetime of a

human soul.

The book “*Soul Integration*” goes into detail on the process of walking in to an existing human soul’s body. The process is actually a bit complicated and involves making a contract with the soul originally inhabiting that particular body; in some cases, changing places with that soul and in other cases, having the human and ET souls sharing one human body.

There are additional complexities to the process of walking in. It is possible to “overlay” different soul aspects, such as the etheric or causal bodies, meaning that a human soul might take on the etheric body of an ET soul to overlight (or overshadow) that soul. Walk-ins usually include radical changes in the personality and mannerisms of the human being so occupied by ETs.

Returning to the subject of aviation, a logical question to ask, if the above claims of ET intervention are true, would be, “Where is the evidence of actual flying machines? How come we have not found any of the parts of ancient aviation?” Again there is more than one possible answer to that question.

The first answer would be that civilizations that had flying machines existed so far back in time that none of the remnants of the flying machines have been unearthed or survived the elements. This argument does not hold water because many of the cultures that were aware of flying machines existed within the last 100,000 years. So if they existed, where are they? The real answer can be found in item 7, below. Before we go there, let’s examine another way advanced technology found its way to ancient peoples.

6. Telepathic communication by ETs instructing native peoples in technological methods and means

The great thinkers of a particular culture can be telepathically influenced by beings in the higher realms, rather than having such beings make a complete energetic transformation through the process of an ET walking in or resorting to incarnation. If a particular ET race wishes to influence humanity and they don’t want to go through the complicated process of walking in or landing directly on the Earth, the preferred method is to inspire the most forward thinking members of a given culture through telepathic communication or in some cases, conscious channeling.

This method is the most popular one currently being deployed on Earth in present time. There are over 10,000 human channels of extraterrestrials living on the Earth today. Of course, not all of these conscious channels and trance mediums are communicating with benevolent races, but a great percentage of the ETs communicating with humans have advanced technologies.

How do you suppose the computer revolution was able to progress so rapidly? Where did the ideas for integrated circuits and optics come from? Who inspired visionaries such as Gene Roddenberry, the creator of the TV series “Star Trek,” to make a story that depicts advanced civilizations?

Again, skeptics could argue that it’s all in the human imagination, but how do you explain the explosion of ideas in such a short relative time span, and we mean *really* short. The world of today does not resemble the world of 50 years ago. Children are being born today that cannot conceive of living without their computers and mobile phones, or even their social networks. Yet two generations ago these things were nonexistent on Earth.

If this almost instantaneous technological revolution is happening now, could it have happened in the past, for similar reasons?

There is more than ample evidence that ETs have influenced the technological decision-

making on Earth in present time. Anyone with an open mind can investigate the millions of witnesses, including first-person accounts of highly credible people such as airline pilots, military commanders, and such. These are people that often have a lot to lose by coming forward with stories of ET encounters.

There are inventors who report being visited by ETs and given detailed instructions on how to build certain technologies — devices which are later shown to work as planned. Of course, there are also forces on Earth that are working overtime to suppress such technologies, but many secret groups already have devices that surpass the technologies that have been introduced to the mainstream.

If this is happening now, and the ETs involved are in some cases, millions of years ahead of us in technology, then isn't it reasonable to assume it could have happened in the past? In this present scenario, we are talking about invisible influence through telepathic transmission, but in present time it is obvious that actual physical intervention has occurred as well, which brings us to the next section.

7. Migration (relocation) by air transport vehicles provided by ETs

If ancient cultures were in contact with extraterrestrials, and the evidence suggests they were, then it is reasonable to assume that these ET groups would have had the means of transporting the peoples of ancient cultures from one part of the Earth to another, or to other planets and star systems.

In some cases, ET might land and take a tribe to another part of the Earth that allows them to survive a drought, flood or other catastrophe. This would explain the discoveries of Asian artifacts in North America, for example.

In other cases, the tribe might be relocated to another planet. This would explain the sudden and mysterious disappearance of a people, with no evidence of attempted migration to avoid catastrophe.

If the Pleiadeans, for example, wanted to preserve the DNA of certain peoples, not just animal species, and determined that such a people would likely not survive on Earth for very much longer, they might be transported to another planet (or a large mothership with living facilities) in an effort to save that particular tribe from extinction.

There are also ancient records by certain tribes that talk about “belonging” to a star race, or coming from the stars and settling on the Earth. The Dogon tribe in Africa is one example (more on them later).

If “ancient astronauts” in the form of ETs transported various civilizations around the globe, then it is equally likely that they also helped build many of the monuments that utilize technologies beyond what we have even today.

Historians have assumed the purpose of many of these monuments was to serve as tombs for rulers or as worship to deities, but we are suggesting that in many cases, they are in error. Why would ETs build something as complex and mathematically precise as the Great Pyramid only to have it serve as a tomb to a king? Wouldn't a simple burial mound have sufficed? Perhaps a pleasing one adorned with jewels to honor the “greatness” of the king, but a huge monolith built with astronomical precision?

If you investigate many ancient structures, you will see that stones have been added and taken away during different time periods for different reasons. This makes accurate carbon dating difficult. There are far more ancient stones along the base of the Great Pyramid than in the middle part. Some foundation stones have been dated to 10,500 BC (although the results are

disputed by Egyptologists). However, the Pyramid is built to precise specifications pointing to a star in Orion's belt that was at 0 degrees, 0 minutes and 0 seconds during the period of 10,500 BC. Wouldn't any real scientist consider the possibility that the original stones were put into place at that time? Wouldn't it be reasonable to consider that the Pharaohs came thousands of years later, discovered these monuments, and converted them into tombs to exalt their own ego-driven importance?

The Sumerians are another case in point. On their cave drawings and petroglyphs is a story of an ET race that comes to Earth every 3,600 years from a rogue planetoid called Nibiru (various names have been given). Although the Sumerians were apparently not given advanced flying machines, their civilization did jump in development around the time of 7,200 years ago. Also some evidence suggests that Nibiruans came back about 3,600 years ago. Could they be returning in the next 10 or 20 years? According to the Founders, the answer is "Yes."

So far, we have been detailing likely scenarios involving human interaction with extraterrestrials. But now let's consider some additional scenarios that explain much of what has happened and is happening in the world today.

8. Direct settlement by ETs stepping off ships and setting up colonies

This scenario covers the period of 100 million years ago to the present, although in more recent times, direct landing of extraterrestrials to set up colonies has been limited to a few remote areas of the Earth, or in secret underground laboratories (in cooperation with certain black ops government groups).

In an earlier chapter of this book, we described how human beings came to this planet from the Pleiades.

We stated that over the course of the last 100 million years, there have been 23 different ET groups that have come to the Earth and directly influenced the human beings evolving here.

Let's suppose that some of these visitors started colonies in different parts of the Earth and left some of their technology behind when they departed the planet. We are, for the moment, assuming they did not breed with the humans. In some cases, they were unable to because of genetics, or did not want to for the reasons given in the next scenario. In other cases, there was interbreeding, which we have described as a separate scenario below.

Colonies of ETs from various star systems, without interbreeding, could have flourished and spread out to different parts of the Earth, leaving behind evidence. However, according to the Akashic records, there are no pure bloodlines of ETs currently existing on Earth that came here during ancient times. Either they all left the Earth, or started interbreeding with humans at some point.

There are presently about 16,000 extraterrestrials living on the Earth that came directly from the stars (not through incarnation or interbreeding). This is a relatively small number and most human beings have never actually met one face to face. However, depending on the star system and body type, they could blend in with humans. It would take a trained eye to determine if someone is a pure extraterrestrial, particularly if they are Pleiadean, Orion or Sirian, since there are humanoids from those star systems that look a lot like human beings.

This brings us to the issue of humanoids with elongated skulls. Skeptics are quick to point out that certain tribes would forcefully elongate the skulls of infants using crude instruments. This is certainly true, but why would they do this? According to ancient records, a group of "gods" came to Earth having elongated skulls and the people quickly fell to worship them since they had superior technology and abilities. Wouldn't it be possible that these tribes wanted to emulate the

characteristics of their “gods?”

Also, humanoid remains have been found at various burial sites that indicate not all of the elongated skulls were manipulated with crude instruments. There are several skeletons, including those of humanoids eight and nine feet tall, with perfectly formed elongated skulls showing no signs of any external manipulation.

If the author of this book were to provide references and footnotes for each issue discussed herein, the publication of this book would have been delayed significantly and its size expanded enormously. Therefore, once again, the writer encourages you to do your own research and to find the specific archaeologists and measuring equipment used to determine these findings.

(As an aside, most readers of this material are already aware of the ET presence on Earth and need no convincing. Nevertheless, the author has purposely addressed some of the topics to those scientists that are discovering this series of books for the first time and are still skeptical of what they are reading.) Since the ETs with elongated skulls did more than simply set up colonies, such a group rightly belongs in the next section.

9. Direct interaction of ETs with native peoples, teaching them new technologies, or ruling and controlling them while keeping their rulers' bloodlines pure, or with the ETs eventually leaving the humans to be on their own

This is really a subset of section 7, above, but we placed it here because it has special relevance to present times.

Again, there is a preponderance of evidence suggesting that many of the ruling bloodlines of the Earth today came from extraterrestrial groups who wanted to control and manipulate the humans and in some cases, make them into slaves. The question these ET groups asked was, “How do we maintain a presence on the Earth and become the masters of the humans over a long period of time?”

Being subject to the laws of the lower densities, the ruling ETs could not maintain their bodies indefinitely due to the law of entropy. Therefore, they would have to pass their seed on to future generations by keeping it “within the family.” That meant they could only breed within their specific group and that usually meant incestuous relationships, depending on the size and origin of their species.

As biologists know, incestuous relationships do not prevent mutations from occurring. In fact, sudden changes in appearance and characteristics of a species seem to intensify during incestuous breeding.

Keeping the bloodlines pure and staying in power over the “helpless” humans required more than breeding among themselves. There were strict protocols needed to keep the “caste” system in place, usually involving various rituals and ceremonies and hence, the creation of secret societies with their “pecking orders.”

As the ruling class grew in size, it was important to keep everyone within the “flock” and to not interact with the humans except in ways related to master and servant. Usually this involved the ETs making themselves into gods and being worshipped by the humans. Displays of advanced technology and superior psychic and intellectual skills were usually sufficient to convince the humans that their “masters” were superior and therefore warranted being looked up to as their teachers who know best.

In some cases, depending on the level of malevolence of the ET masters, there might be strict penalties for not observing the “religious” traditions that were given to the common people.

Rituals and ceremonies were often set up specifically to keep the human beings in a subservient role and to reduce the chances of one or more human beings somehow becoming more powerful and challenging the status quo.

In specific cases, such as in relatively recent “ancient” Egypt, there were two tiers of royalty — the human kings (Pharaohs) and the Sirian gods. The Sirians set up a system of government whereby the kings regularly made offerings to the “gods,” who were depicted as actual humanoid beings (sometimes with the head of a lion or bird). This is because they *were* actual physical beings, ETs from the Sirius A star system (and sometimes from the Pleiades, depending on the particular “god”).

There is evidence that the Sirian “gods” did interbreed with the human kings, queens and their families, creating a hybrid race (actually more than one race). Over the course of about 7,000 years in Egypt, beings from three different star systems came and ruled over the Egyptian people and interbred with them. This brings us to the next section.

10. Interbreeding of ETs with native peoples, in some cases with hybrids becoming the dominant race in a given area

This is actually a very common method for propagating species across the planet and explains why there are almost no pure extraterrestrial bloodlines left in existence here. It also explains why it is so difficult to track the history of particular peoples, although we are going to attempt to do so in the next few chapters. All of the tribes described herein, with the exception of the original colonies and such recent groups as the Zeta Reticulins before they began breeding with humans, are a mix of two or more different races and in most cases, several different races all blended together.

Imagine a large family of Orientals traveling to every country on Earth and interbreeding with the races they find in each place. Within a few generations, this family has become black, white, yellow, red and everything in-between. Within a few hundred years, it becomes impossible to trace the bloodlines, even if family members have kept good records.

Today most people on Earth can be classified according to the dominant strains of DNA in their genetic makeup. Unfortunately, scientists have not discovered the difference between human DNA and extraterrestrial DNA (because in actuality there is no difference). Instead, every time they come to a combination they don’t understand, they merely explain it away as a biological mutation. For example, if the Romans (who have a dominant strain of Orion DNA), with their typical dark hair and brown eyes, were visited by Nordic Pleiadeans who settled in the north, with their blonde hair and blue eyes, the scientists might see the sudden shift and consider it some sort of genetic mutation. Or they might simply assume that the Romans conquered another group of humans, not recognizing the ET origins of the second group.

You can see how confusing this gets, especially in light of the fact that we are all extraterrestrials in the truest sense of the word.

So in our writings, we simply focus on the dominant strains of DNA existing in specific human beings to give them an idea of their history.

In actuality, all experiences of the soul are recorded somewhere in the DNA no matter how insignificant the experience might seem to be. Those places and events that have had the greatest impact on the soul, or that span the greatest period of time, are the ones that receive the biggest imprints in the DNA.

So a soul who has incarnated 100 times in Pleiades and only 10 times in Arcturus, or who spent 10,000 years in Pleiades and only 1,000 years in Arcturus, will likely have a much larger

percentage of Pleiadean DNA than Arcturian DNA (it might not be linear, as in exactly ten times as much, as the above example seems to imply).

There are many reasons for ETs to interbreed with the human race. The scenarios will be different for every ET race that comes to Earth. Some ETs want aspects of human DNA added to their own in order to balance certain levels of their being. The Zeta Reticulins are an example. Others fall in love with members of the human race and want to have a human family. In some cases, the ETs fall in vibration, forgetting their original reason for coming to Earth (a liability of visiting the lower dimensions), and may decide to live the life of human beings.

In still other cases, soul curiosity might be the reason. “Let’s see what happens if we blend Alpha Draconian and human DNA.”

Although human beings started out as Pleiadean, at the present time only 20% of humanity has Pleiades as their dominant DNA type, and even those that are dominant in Pleiadean genetics have an absolute energetic equivalent of, on average, about six percent of the original DNA patterning.

Except for very young souls who have little experience visiting different star systems, most on Earth have 10, 20, 30 or more variations in their DNA patterning. Very old souls who have explored a great deal of the galaxy might have over 100 patterns in their DNA, representing each of their major stops along the cosmic highway.

The age of a soul on Earth varies from a few million years (in the case of young souls) to over 100 million years (in the case of old souls). The age of a soul does not necessarily have much to do with how many Earth lifetimes that soul has had. Some old souls are just now showing an interest in coming to Earth, while others who are far younger have been to Earth hundreds of times. (Also, as stated in earlier chapters, the age of a soul does not necessarily have anything to do with the intelligence level or even the spiritual evolution level of a soul. It could be argued that old souls take longer to learn their lessons than young souls. On the other hand, some old souls definitely do have more wisdom than younger ones.)

Many of the ETs who incarnate into human form have done so before. Some of the ETs who come directly to the Earth in spacecraft have had human lifetimes. Those who interbreed with humans on Earth may have done so countless times before on other worlds with other humanoids, diluting their original DNA beyond easy recognition.

Most of the souls who come to this channel have over 20 different star systems represented in the easily readable part of their genetics. This means there are over 20 locations where such a soul has spent a significant amount of time learning soul lessons.

This channel gets a number of clients who ask the question, “What star system am I from?” The answer is usually, “Many.” This relates to an even more basic question souls ask. “Are the ETs that are visiting me good guys or bad guys?” In many cases, they are a mixture of light and dark.

Let’s suppose you are an extraterrestrial exploring the cosmos and you happen to come across the planet Earth. You ask your superiors, who have visited Earth before, whether the humans are “good guys or bad guys.” We think you get the point. Even though certain star races have a generally good or generally bad reputation, you cannot lump all of them into a good or bad category.

In earlier writings and earlier in this book as well, several of the more prominent ET groups were identified and described. We gave the approximate percentage that were predominantly “service to self” oriented (bad guys) and “service to others” oriented (good guys). But life has many shades of gray. A great many star races are somewhere in-between and cannot be easily

categorized. You would not describe a human biologist who dissects frogs as evil (unless you are the frog perhaps). However, such a human being might not be sensitive to the feelings of the frog and may not value the life of other creatures very much, but may have a loving human family to which he is steadfastly devoted. So he has some light and some darkness, ignorance or both. (We realize we are repeating ourselves in this section and this is intentional.)

Star races have come to Earth, interbred with humanity, set up “caste” systems, and were worshipped as “gods” by early humans. This simply means that the humans chose to give their power away to their gods. Whether they were coerced to do so or simply became mesmerized by the technological prowess of the “gods” depends on many factors.

A truly enlightened ET race would probably take into account the level of gullibility of certain human beings and would likely refrain from putting themselves on a pedestal. This is one reason the most highly evolved of the ETs prefer individual human contact through telepathy or conscious channeling. The ETs can often tell the approximate level of vibration of potential contactees before the contact is made.

Also, the more highly evolved ETs respect the policy of non-interference. Most, if not all, of the interbreeding programs have been conducted by ETs who are not particularly highly evolved spiritually. They might think they are doing the right thing in becoming “live-in” teachers of humanity, and the souls that choose them as teachers might have soul lessons to learn regarding authority figures and the like. So we are not saying it is wrong for ETs from other star systems to come and interbreed with humans, just that it is not the preferred method for most highly evolved species.

One final point on ET interbreeding with humans that was mentioned in earlier writings, but should probably be mentioned again is as follows: Some abduction experiences are examples of free will violations by malevolent ETs taking souls against their will from the Earth and doing various experiments with them. However, a large percentage of abductees were members of the “invading” group prior to this incarnation and willingly volunteered to incarnate as human beings on Earth in order to assist the ETs in their breeding programs.

Imagine being a Zeta Reticulin trying to save your species from physical extinction by infusing part of the human DNA into your own genetics (a true story). Knowing the trauma that usually occurs when you simply take humans against their will and extract DNA, this Zeta decides to volunteer to incarnate into a human body and go through a human lifetime, knowing that at some point he or she will be abducted, taken aboard a spacecraft and have DNA extracted.

(Note: Some star races have enough awareness to be able to set up future incarnations consciously while in their ET form, but others may decide to walk in and therefore petition their karmic guardians and soul family members to arrange such an experience, a request that could be refused for various reasons.)

Keeping in mind all of the above factors regarding ET/human interbreeding, let us now begin our discussion of specific Earthly civilizations, tribes and groups, looking at their cosmic origin and movement on the Earth, as well as the soul lessons involved. We will go continent by continent, keeping in mind that several tribes were transported intercontinentally through one of the means described earlier.

Some of these tribes or cultures were illustrated in previous writings. When that is the case, we will be brief with that particular tribe or culture in this book. Let us begin with civilizations and groups that we have talked about in prior writings, or that existed in multiple parts of the Earth — or in some cases, in the atmosphere or inside the planet.

Keep in mind that the following lists are significantly incomplete and that there is an attempt

to paint a picture of equality between the various tribes and cultures. We know many readers want their particular ancestry to be special or somehow nobler than others, but that is not the case from a spiritual point of view.

We are not going to go into detail on sub-cultures, off-shoots of particular tribes, or get embroiled in the multiple names given to the same tribe or tribes. Some of the information will conflict with historical accounts, and we are not guaranteeing the accuracy of names, dates and locations.

Many of the later tribes and cultures are not represented here because there is adequate information elsewhere.

In keeping with the nonlinear format of this book, we will stop frequently and expand on related topics pertinent to a particular part of the world.

Again, if we have skipped one of your favorite peoples, it is likely because we cannot possibly cover every race, or we feel the information is duplicated elsewhere.

CHAPTER 8 — The Colonization of Each Continent over the Past 100,000 Years

Lemuria's two periods were from about 175,000 to 75,000 years ago. Atlantis had two periods, lasting from about 75,000 to 25,000 years ago. There were other parts of the Earth that had colonies around the same time, though none as advanced or large as those. In this section and the next, we will look at other parts of the world and how the populations developed during the past 100,000 years.

Star Races Settled and Relocated Around the Earth Many Times

So far, we have detailed the most prominent civilizations that appeared on the Earth up until recent times. Before we study some specific tribes and peoples and how they came to be where they were (and in some cases are), let us give an overview of the extraterrestrial influences on each continent of the Earth.

You will recall from an earlier chapter that we listed the different star races and their characteristics. In this section, we will go into more detail on where you can find the descendents of these star groups and how you can recognize their features.

There are six habitable continents: Africa, Asia, Europe, North America, South America and Australia. In addition, there are places that do not fit conveniently into a continent category, such as the Middle East, Polynesia and New Zealand. For sake of simplicity, we will cover the Middle East as a separate category, and lump Polynesia in with Asia and New Zealand in with Australia (even though their cultures are vastly different).

We have stated so far that there were four major players in the evolution of modern humanity: The Pleiadeans, Orions, Sirians and Dracos. However, there were a few other star races involved, including the Andromedans, Antareans, Sagittarians, Venusians, Arcturians and more. Keep in mind that some of these are merely convenient names to describe the region of space from where they came. Andromeda is a separate galaxy from the Milky Way, but due to wormholes that connect the two galaxies, beings from Andromeda have come to Earth multiple times.

Sagittarius is a constellation positioned between us and the center of the Milky Way. It is a big constellation with several hundred stars around the central "figure." Consequently, there are several different civilizations from that region, a few of whom have influenced humanity.

We will make some generalizations. You will find exceptions to these rules, but they give you a general idea of how the continents were colonized and how, through migration and mutation, people ended up where they are today with their various ethnic and racial backgrounds. We have been careful to minimize duplication with existing historical records. The more recent the civilization, the more accurate the mainstream records, although almost every story is biased in some way, since the records that survived were almost always kept by the victors of war.

Here are some of the generalizations on DNA distribution that might be helpful:

Table 8.1 — Distribution of DNA in Descendents of ETs

The Middle East and Mediterranean Countries — Sirians, Orions, Dracos and their

Hybrids

Africa — Sirians, Sirian-Andromedan and Sirian-Orion hybrids

Asian Cultures — Andromedans and Pleiadean-Andromedan Hybrids

The Polynesian and Island Tribes of SE Asia — Pleiadean-Andromedan mix

The People of East India — Lyrans (the Vega star system)

Siberia and Scandinavia — Nordic Pleiadeans

Europe — The Melting Pot — Pleiadeans, Orions, Sirians and Hybrids

The North American Native Peoples — Pleiadean and Orion Hybrids

The South American Tribes and Cultures — Orion-Pleiadean Hybrids and Venusians

Below, we have gone into detail on the peoples of each continent and some of the highlights of their history.

The Middle East and Mediterranean Countries

Note: Before we talk about the peoples who occupied this area a long time ago, let us state that we will cover very little history after the time of Christ, since there are a lot of other sources where you can find that information. We will comment briefly, however, on one of the common misconceptions that you hear about often, and that is regarding the true origin of the Jews. Later in this section, you will see a bigger picture regarding that question. For now, recent research has indicated that the Khazars were the true Semites, and we find it amusing that some of the Jews consider the Khazars to be their enemies. That would make the Jews anti-Semites. There are also secret organizations of Khazars that have as their goal the enslavement of the Jewish people (and all of the Earth). The present-day Jews are ruled by another related group of Orion-Sirian hybrids called the “Zionists” who are an extremely malevolent consortium of ETs and their descendents who seem to control large sections of the planet. They have an alliance with what is commonly termed the “dark Illuminati.”

(The author has nothing against the Jewish people, or any other group for that matter.)

In addition to going over the more general civilizations of the Middle East, we have included in this section an overview of mystery schools and secret societies, since so many of them got their start in this region of the Earth. We have also included some more information on the various monuments erected by both humans and extraterrestrials.

The True Middle East Story

There is a reason why the Middle East seems to have the most conflict of any place on Earth. It is more than just a pivotal point in trade routes and an area linking Africa, Asia and Europe. It is also more than the convergence point of three major religions, Islam, Christianity and Judaism.

The geomagnetic center of the Earth is located at the Great Pyramid in Giza. A major ley line runs through Egypt and up into Israel, following the Dead Sea, Sea of Galilee, Jordan River, branching over into Jerusalem and Golan Heights, and moving through parts of Iran, Iraq, and veering north and east into the Caspian Sea region and up into Siberia, while another ley line follows roughly the Silk Road across Turkey and up into Eastern Europe, also branching east into southern Asia and eventually up into Mongolia.

Wherever the energy is the most concentrated, there you will find the greatest dynamics of interchange between the varied peoples of the world. Vortex energy brings up unresolved issues within souls. In addition, the extraterrestrial influences in the Middle East are dominated by two warrior-like groups, the dark Orions and dark Sirians.

Although we touched on many of the major events in earlier writings, let us go back to the post-Atlantean times in order to give you a more panoramic viewpoint of what happened to precipitate the intensity of this region. Before we do, let us back up once again and talk about some related subjects that will hopefully give you more background.

As higher dimensional beings came to this planet from places such as Sirius A and Nibiru, they dropped in vibration due to the entropic nature of the lower dimensions. Along with their arrival came their philosophies, spiritual viewpoints, methods and processes for personal and spiritual development, and obviously these got distorted as their vibration dropped.

When beings from the stars first came to Earth, they brought a fairly enlightened version of cosmology and spiritual perception that they often shared with those humans they considered ready to receive the information.

As time went along, this information became distorted because the frequency fence around the Earth made it more difficult to stay in touch with other-dimensional beings, plus the egos of the Earth-bound souls became stronger, causing more distortion in the information.

Thoth, a seventh density Pleiadean, who was a teacher in Atlantis, came to Egypt and led a group of Atlanteans to build a new civilization along the banks of the Nile River. This was about 12,500 years ago. He brought ascension technologies, including knowledge of pyramids and sacred geometry, and engineered the building of the Great Pyramid, which was constructed by the seventh density Pleiadeans to serve several purposes. (The Sphinx was built prior to the Great Pyramid by a group of Sirians.)

We will have more to say about Thoth's teachings during our section on ancient mystery schools later in this chapter. For now, let us talk about the building of stone monuments in other parts of the world, since they are found on every continent, often with the same advanced technology used to construct the Great Pyramid.

Building of Monuments on Earth

Human beings have often wondered why various civilizations went through all the time and trouble to build such huge and exact monuments all over the Earth. Almost weekly, new structures are being discovered, buried under the rubble of time.

While the purposes have varied regarding the smaller and less advanced structures, from serving as burial mounds to navigational beacons for spacecraft, the largest and most exact monuments were usually constructed for two purposes: 1) to serve as part of the Earth's grid system and to help balance it; and 2) to serve as "ascension chambers" to assist souls in moving forward on their spiritual path. The architects and engineers of the more advanced (and largest) structures have usually been the Pleiadeans or in some cases, the Arcturians. The method of construction was usually sound levitation, wherein a frequency interacts with the electromagnetic

grid of the Earth and rearranges the grid sufficiently to allow the levitation and placement of the huge monolithic stones.

The stones were cut using precision laser technology, which was readily available by the Pleiadeans. Of course, other extraterrestrials also had this technology and not all structures on Earth were built by the Pleiadeans.

The Arcturians are higher dimensional beings who have been helping humanity for millennia. They are electromagnetic grid system specialists who have been working tirelessly to help prevent major earthquakes and volcanic eruptions in places that could threaten to wipe out the present civilization. While the Arcturians typically do not build directly, they often supervise and consult with the builders, plus they work to energize the structures (activate the grid around the monuments).

As an aside, the Arcturians have also supervised the Pleiadeans in their various geometric symbols (crop circles) often placed at various vortex and ley line sites in order to help trigger awakening in humans. The crop circles are simply “calling cards” left at sites where the extraterrestrials have been balancing the grid system. Other than helping trigger awakening due to the nature of the symbols, only the residual energy around the circles has any effect on the grid system itself, serving to balance and anchor the energies where the work is being done.

Star races working to balance the grid system of the Earth do so by 1) erecting monuments such as pyramids; 2) introducing certain electromagnetic frequencies into the grid using generators; and 3) contacting relatively enlightened humans and assisting them through prayer, meditation and visualization, in some cases using crystals and other amplification devices.

In earlier writings, this author and his spirit guides detailed the methods by which pyramids can assist souls in ascending as well as traveling between dimensions. We suggest you do some research, since we do not have space available in this book to go into detail on the mathematics, sacred geometries and engineering properties of pyramids.

The Earliest Pyramids

There are pyramids constructed in over 100 places on the planet, some by “ordinary” humans and some by extraterrestrials. The largest of these that have been discovered so far are the pyramids in Bosnia. There are two main pyramids (and some smaller ones), the Pyramid of the Sun and Pyramid of the Moon. Because they were constructed in a non-desert region, the effects of moisture and plant growth have buried these pyramids under nearly two meters of topsoil. Due to the erosion from moisture, many scientists do not believe these are artificial structures, since they are not easily exposed and perfect in every way. Yet a little bit of research will yield many undeniable properties of these structures.

The cement used to glue the blocks together has a hardness beyond anything achieved by modern-day conglomerates. There are noticeable electromagnetic signals emanating from portions of these pyramids.

They have been dated to around 30,000 BC, which puts them during the time of Atlantis, although Bosnia was not part of Atlantis at that time.

The Pleiadeans have informed us that they built these to help balance the grid system during a time of moderate upheaval, meaning fairly active seismic activity. There are other structures built in more remote parts of the Earth around the same time as part of this balancing system.

The Bosnian pyramids also served as ascension chambers, as do most of the major structures. A network of tunnels was constructed a bit later, but they were filled in by the negative Sirians in order to block access to these technologies to all but the “chosen few.” (More on this later.)

There are additional structures located in South America and Siberia. Some are not recognized as pyramids due to erosion and the building up of topsoil. Together, the larger of these pyramids form a geometric layout designed to balance the grid system of the Earth. If you map the electromagnetic grid of Earth, you will see that almost every significant monument or ancient structure is located along the “ley lines” of this grid.

The Nature of Stargates, Portals, Vortexes and Ley Lines

The Earth is part of an electromagnetic field that interacts with the gravitational field in ways that most scientists have not yet been able to understand. The unified field theory, also called the theory of everything, has been given to humanity in various degrees by higher intelligence, according to each scientist’s ability to receive and understand it. Some of the crucial pieces of the puzzle have been withheld by higher intelligence due to the level of negativity present within the general scientific community and the potential for misuse. In other words, humanity has not been ready to receive the full picture regarding the relationship between electromagnetism, gravity and one other vital element, consciousness.

The Science of Consciousness

Of course, consciousness is the missing ingredient. How else do you explain the inability of the observer to be independent of the results in a quantum experiment? When the movement (momentum) of particle/waves in a quantum system is observed, the very observation itself generates a field of consciousness that thereby impacts the elements in the system.

In previous writings, there was some discussion regarding “consciousness units,” the missing piece in the puzzle. An approximate value was given for the charge of one consciousness unit, something on the order of 10^{-54} joules, although a discrete charge for a wave/particle such as consciousness cannot realistically be narrowed down in this way. However, if you take the integral of all the superpositions of a given particle/wave as it is being observed (taking into account the difference between the activities of the wave/particle before and after observation), you can find the basic energy level of consciousness to be close to the above value.

The simple mathematical formula relating gravity to electromagnetism can be approximated by taking the value of the electromagnetic field of a given closed system, multiplying it by the consciousness unit constant (given above), multiplied by the degree of consciousness of the observer of the field, and dividing it by the quantity of time elapsed in the system multiplied by the velocity of light squared. The degree of consciousness is determined based on the vibratory state of the observer and the intensity of the EM field generated by the consciousness of the observer.

A similar formula can be propagated by using Planck’s constant and adding a coefficient to accommodate the difference in magnitude between Planck’s constant and the value of one consciousness unit.

Even if you are not a mathematician, can you see that the value of the unified field is dependent on the degree of consciousness present? If there is very little consciousness, the magnitude of the field will be very small (anything multiplied by 10^{-54} power is going to be infinitesimally small). When consciousness is directed with a lot of awareness and power, meaning there are a lot of consciousness units being applied to the system, the size of the field quickly grows. The above pseudo-formula explains how psychokinetics and telekinetics work. When a strong enough field of consciousness (unified field) is created, it has the power to move

objects without a visible external force being applied.

The reason for our brief technical discussion of the unified field is that this principle is applied to the natural fluctuations (flux) in the electromagnetic field of Earth. Because the gravity of Earth is relatively constant, in order to magnify the unified field for the purpose of directing energy, we must locate those areas in the EM field that are naturally augmented. Such augmented areas are called vortexes, or vortices.

You can see a diagram of the electromagnetic flux lines for the sun and Earth on many sites on the Internet, including some government sites. Simply type “electromagnetic flux lines for Earth and the sun” into a search engine.

Where the flux lines cross, you have vortexes. Extraterrestrials with EM-powered spacecraft use the flux lines to travel through space/time. Think of the lines as highways or corridors of light. The flux lines, which are also major ley lines, branch out into secondary lines of force, called regular ley lines.

Where the ley lines intersect, you have vortexes. When vortexes are sufficiently strong, they form portals, which are similar to windows into other regions of time/space. When a portal reaches a certain magnitude of force, it generates wormholes, which are areas of etheric time/space that connect between areas of physical time/space.

When the portals are super enlarged, they become stargates, generating wormholes that are large enough to facilitate travel from one part of time/space into another part.

We are doing our best to keep this discussion comprehensible to all readers and we apologize if this section is hard to understand for those of you who are not scientifically minded. As you can see, we are directing some parts of this book to those researchers who need a few more pieces to their puzzles.

Stone Circles and Sacred Sites

You will find that the majority of pyramids, stone circles and sacred sites (as well as crop circles) are located along the various ley lines and vortexes formed by Earth’s electromagnetic grid. In addition to providing energy for transport of spacecraft, by altering the ley lines and vortexes sufficiently, one can change the frequency and magnitude of earthquakes and volcanoes. In this case, the Pleiadeans and Arcturians direct high frequency EM pulses into the flux lines of the Earth using advanced mathematical formulas, in order to balance or shift the field in ways that prevent discordant vibrations from going into the tectonic plates and underground magma of the Earth.

What causes these discordant vibrations to enter the EM field of Earth? You guessed it — negative thoughts and feelings. A certain degree of seismic instability is inevitable since the Earth is constantly growing, evolving and changing, but the sheer amount of negativity emanating from billions of unenlightened souls on Earth is enough to significantly affect the rate, frequency and magnitude of seismic tremors and volcanic eruptions.

There are also misguided souls on the planet who may intentionally want to disrupt the EM field of Earth for their own gain or to destroy their so-called enemies. It is the job of the Arcturians and Galactic Confederation to mitigate such actions by the dark forces.

You can help the extraterrestrials responsible for healing the grid system of Earth by visiting well-known vortex sites and sending positive energy into the grid at those points. Many souls place crystals in such locations. This by itself does not help heal the Earth, but if the crystals are positively programmed, their presence can be useful. Remember that crystals and vortexes both have the effect of amplifying whatever thought forms (consciousness units) are directed into

them. So while directing consciousness units in any location on Earth affects the whole quantum field of the planet, doing so at a vortex location, with a crystal, can greatly increase the effects.

Getting back to the stone circles, by placing stones in certain geometric configurations, you affect the EM field of the particular ley line or vortex upon which they are placed. In keeping with the multipurpose theme, most stone circles are also calendars and/or clocks, tracking the solstices and equinoxes of specific areas. In case there are a few skeptics in our readership (hard to believe at this stage of the book) that believe these are only calendars, you can map the locations of stone circles, such as Avebury and Stonehenge in England, and correlate the geometries of the various sites with the EM fields documented by geophysicists. In almost every case, a sacred site with a stone circle will be on a major ley line or vortex.

You can also correlate crop circles and UFO sightings and see that they also line up with known ley lines and vortexes.

One final point on stone circles. Most of the stones are granite or limestone composites that have a significant amount of silicon dioxide (crystals) embedded in complex molecular formations. We have mentioned that crystals are an effective way of programming consciousness because they are natural amplifiers.

Another medium that is easily affected by the directing of consciousness units is water. It is well known that the crystalline structure of water changes when thoughts are directed into it (see the work of Dr. Emoto). Holy water is real, because when you bless water, you send the positive vibrations of the blessing into the molecules of water, thereby changing their configuration. (See photos of Dr. Emoto’s work.) This partially explains why many sacred sites are also located near bodies of water, such as Lake Titicaca on the Peru/Bolivia border.

Now that we have explained the purpose of the pyramids and stone circles scattered across the Earth, let us turn to the history of those who impart the knowledge of sacred sciences to the people and those who receive that knowledge.

The Mystery Schools of Ancient Egypt and the Mediterranean Region

About 12,500 years ago, a Pleiadean named Thoth (or Hermes) began a mystery school along the banks of the Nile River, in-between what is modern-day Luxor and Cairo. We already mentioned that Thoth was the architect/engineer behind the Great Pyramid, which was actually built by the Pleiadeans using laser and sound technology. Thoth’s intention was to use the pyramid as an ascension chamber to accelerate the evolution of souls who were ready to be accelerated.

Most of Thoth’s students were from the time of Atlantis and had been following his teachings during that time period as well. This author was one of those students.

Below we have given a list of the more popular mystery schools and their timelines:

Table 8.2 — Ancient and Modern Mystery Schools

<u>School</u>	<u>Teacher</u>	<u>Location</u>	<u>Time Period</u>
Order of Thoth	Thoth	Egypt	12,500–10,500 BC
	Isis &		9,000–7,500

Order is Isis	Thoth	Egypt	BC
Temple of Set	Sirians	Egypt	7,000–6,000 BC
Hebrews/Kaballah	Sirians	Israel, etc.	6,000–2,500 BC
Sumerians	Sirians	Iran/Iraq	5,500–1,500 BC
White Rose	Pleiadeans	E. Europe	2,500–500 BC
Oracle at Delphi	Venusians	Greece	1,500–500 BC
Red Rose	Pleiadeans	Europe	1,500 BC–present
Alexandria	Various	Greece/Egypt	500 BC–500 AD
Last 2000 years	Various	Mainly Europe	0 AD–present

The Teachings of Thoth (Hermes)

Perhaps the best written teachings of Thoth are in the Emerald Tablets, a translation of several stone tablets that are supposedly hidden in a cave in the mountains of Colorado, USA. Written in a pentameter prose, even with the translation the words are “encrypted,” meaning there is a vibration within them that attunes the serious student to the energies of Thoth. In other words, you could say that the tablets are an initiation to those who are open to receive the direct transmission of wisdom from Thoth.

Thoth is currently a seventh density Pleiadean, but he has worked extensively with the high councils of Sirius, of which Isis is a member. (More on Isis in a minute.)

Thoth incarnated in Atlantis and was a high priest in the temples there, run by the ascended masters and members of the Galactic Confederation. He ascended at the completion of his last lifetime in Atlantis and from the ascended state, guided many of his students, including this author, in airships out of Atlantis during the destruction. The airships landed along the banks of the Nile River, having traveled several thousand kilometers over sea and desert (Atlantic Ocean and western Africa).

When the refugees of Atlantis, numbering around 1,400, guided by Thoth, saw the fertile valleys of the Nile River, they knew they had found a place where they could start a new society.

Thoth began teaching from the higher realms, but the survivors of Atlantis had a lot of trauma from the destruction of their homeland and were unable to make much progress on the spiritual path for a long time. To make matters worse, the Earth entered an ice age, and although the glaciers and ice floes did not make it all the way to their fertile grounds in Egypt, cold weather did and many of the survivors of Atlantis perished. Those that had built sturdy, well-insulated homes survived, but it took a long time to get the fledgling society on its feet.

Several thousand years went by and the young society was finally reaching a level of spiritual awareness where Thoth could again begin his mystery schools. With the help of the Pleiadeans, he built the Great Pyramid, complete with numerous underground chambers and passageways

The Pleiadeans, being seventh density, also built in the etheric planes (fifth dimensional Earth) a great Hall of Records underneath the Great Pyramid, known as the Halls of Amenti. This underground initiation chamber, resembling a giant cathedral, became one of the places that

Thoth and the ascended masters took the initiates during the dream state, or out of body experiences.

Eventually, an astral “midway station” was also constructed nearby to assist souls in-between lifetimes.

Although the mystery schools began to solidify and flourish 12,000 years ago, the Sirians were also very interested in restarting their societies on Earth, and came to Egypt several times before, during and after the reign of Thoth.

The beings from Sirius A, having many facial features similar to a lion’s, and wanting to be kings of the human race, adopted the lion as their symbol of power and fertility. Prior to the building of the Great Pyramid, they erected a large statue of a lion (the Sphinx) only a short distance from the site of the pyramid.

When Thoth was ready to build, he obviously saw the Sphinx, but was undeterred since he knew that geomagnetically, this was the exact spot where the pyramid needed to be built.

The Sirians who had started their colony near the Sphinx had been attacked and run off the land by certain tribes migrating through northeastern Egypt. These attacking tribes were descendents of Pleiadean-Orion and Orion-Sirian hybrids that had survived the various Earth changes since Atlantis. After the ice age, the Pleiadeans were able to regain control of this region.

The age of the Sphinx is around 16,000 years old, and went through the ice age that occurred shortly thereafter. A second ice age occurred just prior to the beginning of Thoth’s new society (about 12,500 years ago). This one left scars in the deserts of Egypt, having reached a bit farther south than the previous one. The rain, snow and wind that occurred during the ice ages is clearly shown in the weathering patterns on the Sphinx. How Egyptologists can still claim that the Sphinx is only 5,000 years old is a mystery, since there has been almost no rain in this area within the last 5,000 years and no Nile floods that have come anywhere close to the Sphinx.

When Thoth built the Great Pyramid, he aligned it exactly with the star Mintaka in Orion’s belt. Mintaka is the home of the spiritual government not only of Orion but also the Galactic Confederation. The higher dimensional government is located in the Alcyone star system in the Pleiades constellation. For an analogy, think of Mintaka as a state or provincial government and Alcyone as a federal government of a country on Earth.

The pyramid was erected on true directions. They were exact 12,500 years ago. They are now off by zero degrees and two minutes due to fluctuations in the Earth’s axis and core. The base stones are still intact and if Egyptologists were careful and ignored the outer layer of stones, they would likely get a carbon dating that is close to an accurate value. But they insist on taking data from farther up the side of the pyramid, or where markings of a civilization are present, figuring they will get a better carbon reading at those points. Of course they did get a carbon reading. They recorded the activities of the Pharaohs who came along seven thousand years later and dedicated this already-existing monument to themselves.

There is a great deal of debate as to why there are no hieroglyphics or paintings on the Great Pyramid. According to the Akashic Records, the Great Pyramid was considered to be too sacred to desecrate with markings (although one small cartouche was found dedicating the pyramid to the Pharaoh Cheops).

The other pyramids were built much later using more conventional means (and you can tell if you look closely at their construction). It took hundreds of years to complete the second pyramid and quite a long time to complete the third. The stones in the second and third pyramid are much smaller and less well organized, meaning there are a lot of irregularities that are absent in the

Great Pyramid. In the preface, we gave a convincing argument against the Great Pyramid being built in 23 years using crude tools.

Inside Thoth's Mystery Schools

There were small temples constructed not too far from the Great Pyramid (that are no longer standing). Most of the teachings took place in these temples, and only the major initiations took place inside the King's chamber of the Great Pyramid or in the underground passageways (that have since been filled in by the Sirians and the ravages of time).

At first, only the men were allowed to become priests in the temples. Then after a few hundred years, the women were initiated as well by Thoth. Men and women had separate temples. Only the senior initiates were allowed to mingle with the other gender. Thoth believed that the first 20 or 30 years of an initiate's life must be celibate and dedicated completely to contacting God within, as well as learning the mysteries of the cosmos.

Once an initiate reached a certain phase of spiritual understanding, contact with the opposite sex was allowed, as long as the vibration of the initiates did not drop. Initiates graduated through many levels of learning and were eventually permitted to enter the sarcophagus in the King's chamber for three and seven-day fasting and prayer rituals. The normal ritual was for the initiate to lie face up in the sarcophagus, have the lid closed (with air pockets for breathing) and then retrieve the initiate three or seven days later.

Initiates could request a flask of water, or not, depending on how confident they were of making the inner journey intact. Many who went completely without water for up to seven days emerged in fine shape. Some did not. Others went insane. A few died. This ritual was again enacted many thousands of years later during the time of the Pharaohs.

By the time of what most people call "ancient Egypt" (2,500 to 1,500BC), most of the sacred knowledge had been lost. The Pharaohs and their Sirian gods tried to re-create a lot of the ascension processes but did not have a high enough vibration to accomplish much.

Below, we are detailing another important figure in Egyptian history, Isis.

The Order of Isis

The Isis that has been popularized existed during the time of the Pharaohs. This woman that they revered was an incarnation of the same being that came to Egypt many thousands of years before. Isis is an eighth density soul from the high councils of Sirius, the most enlightened Sirians in the cosmos. A long time ago, she was a counselor to Thoth and they became very close, even though they were from different star systems.

Isis saw and understood the problems that had been created by the unenlightened Sirians and Annunaki when they first encountered Earth about 10 million years ago and started colonizing and interbreeding with humans about 300,000 years ago. She decided to come to Earth and form mystery schools in order to teach the men and women who were ready to learn the mysteries how to access the "sacred current," or life force energy.

Her methods included an in-depth and penetrating (pardon the puns) look at human sexuality, from the vantage point of higher dimensional enlightened relationships. She founded the Temple of Isis, which was originally located several hundred kilometers downstream from the temple at Aswan.

The higher density Isis incarnated into a female human body for the first time around 9,500 years ago, and was able to retain many of her powers and abilities. She was in constant

communication with her higher self and soul family as she began her ministry along the banks of the Nile.

The students of Thoth were given guidance by their teacher to expect the coming forth of Isis, and he guided his students to her door to help prepare her for the ministry.

Isis, as the high priestess of the Temple, began working mostly with women at first, and later included men in the rituals and ceremonies. The Temple eventually became divided into two sections, one for the men and one for the women.

For about 12 years, women of childbearing age who were initiates could only interact with other women priestesses, and the men could only act with others in the priesthood. For the first two or three years, celibacy was practiced. After that, the women were taught about sexuality and practiced sexual rituals with each other (and the men practiced sexual rituals with each other as well).

This was not homosexuality in the sense that it is viewed today. It was purely for learning purposes. The philosophy here was that women and men needed to fully understand their own sexuality before they could interact in a healthy way with the opposite gender.

Having no guilt or shame about their own bodies, the initiates were finally allowed to interact male-female. From then on, the lessons included growing spiritually in relationships with the opposite sex.

The initiates did not marry or run businesses, but they came together in various groups to practice different forms of creation. The enlightened sexuality included knowing when and when not to have intercourse, to make sure they did not get pregnant. A few women initiates did get pregnant and were expelled from the Temple so they could raise their children. The parents would typically move away from the Temple grounds and find a home and job to support their new family. When the children were raised, they could return as beginning initiates if they wanted.

The enlightened Sirians understood that Lucifer had programmed humanity to be ashamed of their bodies, sexuality and emotions, and Isis had as part of her mission the restoration of sanity and openness regarding these matters.

During her later incarnations, Isis attempted to continue her work, but due to the reasons discussed next, the vibration of the people was not high enough to make her teachings successful with future generations. Nevertheless, the Pharaohs worshipped her as a fertility goddess, among other things.

Arrival of the Sirians and the Fall of Egypt and the Holy Land

The Sirians, headed by a leader known as Jehovah, returned to Earth and saw the relatively prosperous and enlightened land of Egypt. Once again, they were on a Messiah mission to be the saviors of humankind. Being from seventh density, they had their superior technology and psychic/intuitive abilities that allowed them to perform so-called miraculous feats.

Due to the presence of ego and unhealed Original Cause in these Sirians, they quickly distorted and diluted the teachings of Isis. Some of the priestesses in the Temple of Isis had pure hearts and did not go along with the spectacle of healing and miracles performed by Jehovah and his students. But a significant number of initiates left the true teachings of spirituality offered by Isis and her senior priestesses and instead joined Jehovah's group.

Isis, seeing the deterioration of her teachings, withdrew from Egypt and went into exile with a small group of dedicated students. Meanwhile the teachings of Jehovah became more and more egocentric, and two mystery schools branched out of the distorted path, the Temple of Set and

the Teachings of the Hebrews.

Although Jehovah was the main teacher, these branches were headed up by other Sirians who had fallen in vibration the longer they remained on Earth.

The Temple of Set

The Temple of Set taught a lot of the same things as the Temple of Isis, with some very important distinctions. While the Temple of Isis taught that everything is part of God and we are extensions of the Creator (spiritual beings having a human experience), Temple of Set taught that we are each powerful creators and that we can create whatever we desire, with no limitations. At first glance, this sounds pretty good until you consider that an enlightened being does not always create whatever he or she wants if it violates the free will of other souls.

The Temple of Set became divided a couple of generations into the program, becoming the light and dark Set. The light Set taught ways to help free people from the negativity of the Earth, and the dark Set taught ways to control and manipulate people. The teachings were inevitably going to become dualistic because of the disregard for the free will of others.

Today, you can find in success motivation trainings the emphasis on “how to win and influence people,” based on these subtle ideas of control and manipulation. The essence of modern sales is to convince people that they need the product or service you are selling, regardless of whether or not the product is truly beneficial to the customer.

There have been many other dark temples throughout recent history. We will look briefly into some of them in this chapter.

The Gods of the Pharaohs and Kings of Egypt

The Sirians were the gods of the kings and pharaohs. In the cave drawings and pictographs, you can clearly see that offerings to the gods were a favorite way that the Egyptian royalty declared their allegiance and servitude to the Sirians. The idea of sacrifice, invented by the ego, was used as a bargaining chip and deal maker by these self-serving gods.

They made sure they stayed in power, even though their vibration continued to drop, by inventing all sorts of rituals and ceremonies designed to help the Egyptian royalty remain in servitude. Sacrifice is a strange distortion of a spiritual process known as relinquishment of illusions. When you clearly see that something has no real value, there is no concept of sacrifice; you simply give up that which has no value and open yourself up to that which has true value. The only thing you must give up, ultimately, is the belief that you are separate from God, which means relinquishing the viewpoint of the ego.

When you give up egocentric perception, you realize that you are One with the whole universe and that everything God has is yours as well. You are whole and complete within and have no need of anything. You might still attend to the body’s perceived needs, such as providing it with good quality food, water and clothing, but you are no longer attached to materiality. You simply see everything in the material world as an extension of God substance.

The Pharaohs and kings were far from enlightened. The Sirian gods were the blind leading the blind. Although Isis reincarnated into the midst of the Pharaohs, she never achieved the level of awareness she had when she founded the Temple of Isis thousands of years earlier. The vibration of Earth had dropped so much that it seemed almost impossible for anyone of a high vibration to incarnate here and keep that high vibration.

Note: There was one king who seemed to have a little bit higher awareness than the others.

Known as Amenhotep IV, or Akhenaton, he attempted to shift the perception of God from the individual deities (the Sirians) to the One Source of All Creation. He had a few followers, but a lot of souls felt threatened by his “new” philosophy. In the end, he and his high priest were exiled and died in the wilderness, willing themselves out of their bodies when it became clear they could do no more to restore the once loving vibration of the people.

His successor, the popular King Tutankhamen, went back to the multiple deity system, but died in a chariot accident before reaching the age of maturity.

The Hebrews

The Hebrews were a group of souls that broke away from Jehovah and tapped into the seventh density storehouse of knowledge and wisdom that is freely available to all. Although the path to Judaism is tenuous and complex, you could say that the Hebrews began the Jewish faith.

The Hebrews were a group of mystics that channeled the wisdom of how life begins at Source and then differentiates itself down through the various levels and dimensions until it forms the DNA molecule. The intermediate steps include light packets, light codes and keys, fire letters, DNA codes and keys, and finally, the DNA molecule.

The Hebrew alphabet is modeled after the sacred fire letters that were given to the elders of the tribe over 7,000 years ago. Moses was one of the original Hebrews, but not the only one to receive downloads of information from the higher density Sirians. Moses broke away from Jehovah and Jehovah became angry with Moses as well as the other Hebrews. This is partially where the idea of an angry and jealous god came from, along with unresolved Original Cause.

The Kaballah

Also called the Tree of Life, the Kaballah was the main mystical arm of the Hebrew mystery schools. The teaching involved the studying of various archetypes, symbols and formulas designed to explain the operation and balance of the universe. Many other teachings branched out from Kaballah, including divination systems such as the Tarot.

Perhaps you have seen the main diagram of the Tree of Life. The divination and mystical methods are actually considerably more complex. The teachings were downloaded into Moses and the other Hebrews periodically over about 50 years. A series of tablets was created to contain the diagrams, symbols and charts, but they were later destroyed in war.

The Ten Commandments were a distortion of the teachings of the Kaballah. Although the principles the higher Sirians taught had a lot of validity, the ego turned them into lifeless discipline and drudgery. The idea of denying the basic nature of the human being has nothing to do with having a disciplined spiritual practice. A true discipline is rewarding and fulfilling if practiced faithfully. Being forced to observe numerous customs and traditions under the constant threat of what will happen if you disobey is not a valid spiritual path, but one based on guilt and shame.

When a soul evolves to a certain point, the Ten Commandments and other practices become a natural part of the spiritual path, with no need for coercion or instillation of guilt. Jesus only emphasized the two commandments, “Love God and love your neighbor.” If you truly do this, the other commandments will naturally be observed.

The Gods of the Old Testament

The main god of the Old Testament of the Christian Bible, Jehovah, was a seventh-density Sirian who fell in vibration after coming to Earth. His original intention was to be a savior for humanity. He observed the humans struggling and not making much spiritual progress and so he volunteered to come and help them.

This would have been fine except for two things: 1) They didn't ask for Jehovah's help; and 2) Once Jehovah arrived at Earth, his vibration began dropping and ego began taking over.

Like Archangel Michael hundreds of thousands of years earlier, he made the mistake of thinking there were things "wrong" with the humans on Earth. He thought the souls here merely lacked discipline and trust in a higher power, and so he became that "higher power" and meted out various forms of discipline, including the popular version of the Ten Commandments. As stated earlier, there is really nothing wrong with the commandments themselves, although many of them are misinterpreted. For example, adultery is not really about having sex outside of marriage. It is about lying and deception that often takes place in relationships. If couples decide they want to have an open relationship and they are genuinely loving and open about it, this might not be a problem.

Other commandments, such as "Thou shalt not kill," could perhaps be modified to include the words, "except in self-defense." However, a better idea would be to evolve one's consciousness to the point where it never becomes necessary to defend oneself against an imagined (or real) enemy. Nevertheless, if the commandment were to stand on its own, almost every fundamentalist Christian who has ever supported a war would be guilty of breaking this commandment.

Perhaps it would have been better to simply make these guidelines for a healthy life, rather than instilling guilt and the specter of punishment upon the likelihood that a soul would end up breaking one or more of the commandments.

Jehovah himself broke the commandments when he flew into a rage and ordered his favorite souls on Earth to wage war on others he didn't like. The Old Testament of the Bible is one of the bloodiest and most violent books ever written. As stated in previous writings, how can a kind, just and loving God order armies to cut open the bellies of pregnant women, or kill all the male children of his enemies?

Many of the other characters in the Old Testament were only marginally better, especially the ones who took instruction from Jehovah. The idea of "killing for the glory of God" goes back much farther in time than this, back to the Luciferian Rebellion as far as Earth is concerned.

God is neutral. He/She does not take sides in any war. The idea that God is on your side in a war is insanity. The eternal, unchanging aspect of God is too busy creating universes and radiating love to have any judgment whatsoever. Like the sun, God shines on the just and unjust alike. The idea that there is a God sitting somewhere in Heaven judging the righteous and the sinner has caused a great deal of misery throughout the ages.

This is not to say that we should live in a lawless world or that anything goes. As we said earlier, the commandments make great guidelines for healthy living. However, it is important to see things for what they are, especially when laws are handed down by beings who do not live by those laws in the first place.

The Sumerians

The first well-documented society of the last 10,000 years, located near Iran and Iraq, was that of the Sumerians. Although some aspects of this society were relatively simple and unrefined, several things happened throughout the course of this group that have traditional scholars mystified.

During their time, the Sumerians developed advanced calendar and time measurement skills and repeatedly indicated contact with beings from the sky, which scholars have called Nephilim and later Annunaki. The Sumerians accurately observed the 3,600-year wide orbit of Nibiru and have records of visitations with the Annunaki.

The Sirians from Nibiru (Sirius C) were not the same group that came with Jehovah to Egypt (the Egyptian “Lion Tribe” was from Sirius A). Nevertheless, they had many of the same characteristics, including the tendency to fall into ego and want to be worshipped as gods to be looked up to and made powerful.

There are detailed stories of various Nephilim gods battling for supremacy and control of Earth and each other, and you can find these sources online and in books by various authors, so we will not repeat what they have discovered in their research, except to point out that, like most civilizations, the Annunaki were not all bad or all good, but a mixture.

Some of the benevolent ones taught many accurate scientific methods and processes to the people of Sumeria and helped them with the daily chores of their civilization.

According to information from this author’s spirit guides, Nibiru is scheduled to begin making its next approach to Earth in the year 2030 and will exit the solar system around the year 2060.

Today, the Annunaki and their cousins from Sirius A and B are firmly entrenched in the banking cartels and secret societies, and believe they control this planet. They are still at war with the dark Orions from Rigel, some of the Dracos, and to some extent, with the Zetas from Zeta Reticulus, although these conflicts generally occur in the astral planes around Earth and not in their home star systems.

The Greek Gods

The Greek gods were, by and large, an extension of the same group of Sirians that took over Egypt. Some of them were influenced by the Pleiadeans and Orions, or were hybrids, but in general they were of the same type of consciousness and background as those in the Holy Land.

The Pleiadeans did have some influence in Greece, as they inspired early philosophy through teachers such as Socrates and Plato.

By the time of Christ, the vibration on Earth was quite low and there was only so much the Pleiadeans could do to influence the mass consciousness, since they could not force their views on human beings.

The Roman Gods

The Roman gods were mostly Orions from the Betelgeuse and Rigel star systems who adopted many of the same attitudes and consciousness as the Sirians. The dark Lords of Rigel were aggressive, warrior-like and macho, and this accurately fits the description of most of the Roman leaders and their armies. In some cases, they made deals with the Sirian gods and even formed alliances. You will find some crossover between the various legends — gods that reigned over both Greece and Rome, for instance.

We are not going to go into detail on the numerous legends and stories regarding Roman and Greek folklore, as you can find this material in many other places. Keep in mind when you read the stories, that these are extraterrestrial beings who have fallen in vibration and become identified with the ego. Of course, they also have good qualities, but most of the time, their benevolent sides are eclipsed by the appetites and desires of the ego.

A Quick Review of the Story of Jesus

We went into detail on the nature and life of Jesus in previous writings, so we will not duplicate the story here. Suffice to say that the oversoul of Jesus, Lord Sananda, helped bring about a revolution in consciousness through the man known as Jesus. The Biblical story is a composite of the lives of three different souls and omitted most of the story of the real Jesus (including his life as an Essene, his spiritual marriage to Mary Magdalene and their children, and his journeys to the Far East). We suggest you read the earlier books by this author and his spirit guides to get more on the background of Jesus.

In the past two decades, numerous books have come out on the subject of Mary Magdalene and the children born to her and Jesus. For most of the span of Christianity, the feminine has been suppressed. Now in this time of great change, the Divine feminine is coming back into focus.

As stated in prior writings, the bloodlines of Jesus are complicated and almost impossible to trace because accurate records were not kept back in those times (and when they were, they were often stolen or altered). Suffice to say that some of the genetics of the Jesus bloodline are present in over two hundred souls today.

For a few hundred years after Jesus (about 0 to 450 AD), the consciousness shifted back to the idea of one just and loving God. But it would not be long before the ego would rear its head again with the distortions of the early Christian church. We will have a little more to say about that a bit later.

Although technically we are still in the part of the book about the Middle East, let us go ahead and mention some of the other mystery schools and occult societies that have come and gone since the time of Jesus.

More Mystery Schools, their History and Origin

The Order of the White Rose and the Essenes

One thing we mentioned near the beginning of this book is that reality is nonlinear. We are attempting to describe some of the more significant mystery schools and civilizations in chronological order, but oftentimes it's a challenge. Many of these groups started a long time ago and are still going today, while others had a brief period of popularity and then faded away. Such is the case of the White Rose. White means purity, and rose has always been a symbol of love.

This mystery school actually came out of the teachings of the Essenes, a colony of mostly Pleiadeans who lived along the banks of the Dead Sea. The Essenes were branded as "crazies" by the ruling elite of the Holy Land, but they paid their taxes and were law-abiding citizens and so they were pretty much left alone. (Jesus actually helped the Essenes build many of their homes and places of worship.) The religion of the Essenes was similar to what today is called the Baha'i faith. They believed in one God who loved everyone equally, and while they had sacrificial rites, they were light-hearted affairs, mainly of giving thanks for the abundance of the universe.

Despite living in a dry desert, the Essenes found underground springs and were able to terrace their crops using irrigation methods.

They had a charitable attitude toward the less fortunate and were only too happy to be a shelter for Jesus during his early years when Mary and Joseph were fugitives from the law (for

reasons explained in earlier writings).

Learning unconditional love was what the Order of the White Rose was all about and the Essenes were the best living example of this 2,000 years ago. Almost everyone else in the region was full of anger, hostility and competition, so the mystical order became an oasis within an oasis, existing peacefully for about 500 years (before conflict between various Middle Eastern factions became overwhelming and the Essenes went into exile).

The history of the Essenes and the Order of the White Rose has been heavily suppressed because the overwhelming agenda for the Middle East has been, and still is, to divide and conquer. There are forces behind the scenes, which we shall discuss shortly, who want this region to be in endless conflict.

The story of the Essenes is an exception to the rule because they were largely ignored by the war-oriented popular culture of the time. In the vast majority of cases, such people are persecuted for their beliefs as was the case with the Baha'i faith and several other groups.

Another offshoot of the Pleiadeans during this time was the Zoroastrian faith, whose history was also suppressed. They too believed in peaceful co-existence with others, but became exiled in numerous places when the drums of war sounded loudly.

There are three other organizations we wish to mention before we turn our attention away from the Middle East and Mediterranean region.

The Order of the Red Rose aka Rosy Cross (the Rosicrucians)

There are conflicting stories as to how this organization was founded and where it originated, but we see it as an alternative to the Sirian-dominated culture of Egypt, the Holy Land and the Mediterranean. The Order of the Red Cross actually began not too long after the time of Jesus when a group of Pleiadean-dominated individuals started meeting in secret, somewhere west and north of the Mediterranean Sea. Red is the color of passion and rose, the symbol of love. They chose this symbol because they wanted to keep the passion for loving God alive and not bow to dead rituals such as were being practiced by the rabbis and Christian royalty.

The early Rosicrucians kept pretty much underground to avoid the wrath of the Catholic Church. Later, they resurfaced in Bavaria, Germany and Poland

The early Rosicrucians believed everyone could have a direct experience of God and that all rituals and ceremonies should be designed to give individuals that experience. Of course, like many organizations, the Order evolved and devolved in various directions over the centuries, but some members still adhere to the original passionate love for God.

Oracle at Delphi

Next, we go to a little area of Greece called "Delphi" where a group of mystics formed schools for both men and women. The men were later called to war and while many of them did not believe in war, a split occurred within the men's ranks and their schools branched out in different directions. The women, meanwhile, created a series of mystery schools commonly called the Oracle at Delphi. (In mainstream history, the name "Pythia" is given and the priestesses who bore the title of Oracle were overseen by the god Apollo, a Sirian.)

While the original meetings at Delphi were held near the modern-day town, the patriarchal government eventually threatened the women and they tucked themselves away in the hills and valleys of northwestern Greece, far from the prying eyes of the male-dominated culture in Athens.

In addition to Apollo, the women had several other deities, but they were the goddesses of love, including a Sirian-Pleiadean goddess, “Athena,” for which Athens is named. Athena and her assistants came through as spirit entities to the women priestesses in the Order. The energies had similarities to Isis, although the methods were not as structured or intense. There were few, if any rules, regarding behavior. Everything centered around developing psychic and spiritual abilities and also learning how to master the sexual forces.

Because there were only women, the classes encouraged them to explore their sexuality with each other, but with the express purpose of transcending sexual desire, rather than eventually coming together with men.

Most of the secret societies of the Oracle consisted of “camps,” each with about 50 to 100 women, living in temporary structures centered around a permanent meeting place. The rumor that the women went naked most of the time is true. Emphasis was placed on releasing any and all guilt about the human body and reducing the competitive urges of the ego, so every human form was seen as perfect and divine.

The women were largely vegetarian and only killed animals if there was a drought and shortage of edible plants.

Without the presence of men, the women developed their feminine power and psychic abilities to a high degree.

Eventually, the male-dominated rulers discovered these secret societies and the women disbanded in order to prevent being genocided by the warrior mentality of the rulers.

Guardians of the Library at Alexandria

A group of mystics (mostly men) developed first along the banks of the Mediterranean, not where Alexandria is today, but on the other side, among the Greek islands southwest of Athens. These were scholars and intellectuals, mostly descendents of Atlantis and early Egypt, largely Pleiadean, and they were the recordkeepers of the society.

The rulers, wanting to preserve their legacies, gave the Alexandrians free reign when it came to keeping books, documents and records of human activity. Over a period of a few hundred years, a great library was compiled of the works of virtually every poet, novelist and seer/visionary who lived in the Mediterranean region.

When a band of men from the west (early Romans) invaded the area, they had orders from their masters to destroy everything that could be considered a threat to Roman allegiance.

Seeing the potential demise of their work, the recordkeepers fled, keeping their most valuable documents, and eventually resettled on the other side of the Mediterranean, near the modern city of Alexandria, where they reconstructed their library. The original library was not burned, but confiscated by the invading army and some of the documents were hidden in a cave and are still there in modern-day Italy.

When the Romans found out that the recordkeepers had resurrected their project in Egypt, using a portion of an existing building that also served as a museum, they raided and destroyed most of the books and documents that the recordkeepers had gathered since relocating. Some of the scrolls and other recorded works were again saved and hidden in caves, but about 80% were destroyed by fire. Included among the destroyed works were some of the writings of the Kaballah, as well as the records of the rulers of Egypt. (Obviously these records were written well after the ancient drawings on caves and temple walls, since papyrus had not been utilized at that time.)

Most of the truly valuable records were engraved in stone, such as the Emerald Tablets, and

survived the fire, but were quickly hidden away by the recordkeepers lest they be seen as somehow contradicting the Roman legacy.

The mystics of Alexandria continued to pass their knowledge orally down through generations, but in the course of time, many stories became distorted. Some of these mystics reincarnated and again served as recordkeepers in different times and places. A few are alive today and remember their sacred duty to guard the records.

The Effect of the Church on the Mystery Schools

The Crusades and the Inquisition

We have talked in previous writings about the destructive effect of attachment to religious belief systems, especially when the state of consciousness defined as “evil” tells you that your system, path or religion is better than that of others and that somehow makes you special in the eyes of God.

All of the current wars being fought on planet Earth involve the idea that the enemy is somehow not as worthy, or is “less than” in the eyes of God. From a higher perspective, this is nonsense, but from the lower dimensions it is tragic, because it perpetuates the belief in separation and is the root of ALL misery and suffering.

Nowhere in religious history is this more apparent than in the Christian Crusades and Inquisition. Every fundamentalist belief has its consequences and we are not minimizing the negative effects of radical Islam with their suicide bombers “for the glory of Allah” and other ridiculous beliefs. However, we are picking on the Christians because of the effect that the church has had on the many mystics and mystical teachings that arose from the principles of Jesus. These mystics were fully committed to living the principles Jesus taught during his brief sojourn on Earth. Along with these true practitioners came mystical orders and teachings, including the Cathars and many monastic orders.

Almost every client this author has worked with in his counseling practice has some memory of being persecuted for beliefs held during times in the past. Once a soul starts breaking out of the limiting belief systems of the culture in which he or she has been living, there is usually some resistance on the part of the existing paradigm. In other words, the more enlightened soul is seen as a threat to the secure and stable way of life of the mainstream, even if it is obvious that that way of life is not really life-sustaining. Such is the case with early Christianity.

Most of the practitioners of the church in those days were solemn, pious men who felt they must lead a joyless life of poverty, celibacy and strict adherence to their version of Christian principles. This Victorian outlook started back in the days of Lucifer and continues up to the present time.

Ironically, in the Bible there are constant references to the joy of Jesus, to his partying attitude, drinking wine, making merry, hanging out with prostitutes (though probably not availing himself of their services), and more. So where did all this solemnity and deprivation come from? Certainly not from the teachings of Jesus.

If you believe the Bible (and most Christians do) then certainly you understand the meaning of statements such as “Love thine enemies.” Jesus didn’t say you have to live with them or believe everything they do; he just said to love them.

It is evident that this teaching fell on deaf ears regarding the hierarchy of the church, not just in early times. Hanging or burning people that do not believe what you do does not sound like

something Jesus would have taught. Seeing everyone who doesn't believe according to a strict set of doctrines, as being "less than" or falling short of glory, is to see with a great deal of distortion. Obviously, the ego had gotten a firm grip on spirituality in the early church, turning a loving teaching into a hateful spew of judgment.

Cathars and Christian Mystics

There were various free thinkers who had the courage to stand up to the church and create alternatives to the vitriol coming out of official channels. One such group was the Cathars. There were many similar groups (too many to name here) along with loosely knit organizations of Christian mystics who were tuned in to the true vibration of Christ. Some of them became enlightened to the extent that they really didn't care what happened to their physical bodies. They blessed their enemies (the church) and encouraged others to do likewise.

The church was not amused. Some Cathars were threatened openly, while others were taken in the middle of night from their homes and families and put on trial. This was the era when you were guilty until proven guilty and of course, many were put to death for daring to suggest that the church was not living up to the principles of Christianity.

One of the negative belief systems that was programmed into the priests and hierarchy was that anyone who didn't go along with the party line was possessed by demons. What the church did not realize is that it was demons themselves who propagated these viewpoints.

Many of the Cathars willingly gave up their lives in these "mock" trials, while others attempted to escape in order to warn their friends and family of impending imprisonment, torture and execution. Thousands were put to death between 400 AD and 1800 AD, and hundreds more since then.

A few Christian mystics stood out and are remembered today. In modern times, you can find literature by some of them including, for example, the Bulgarian spiritual teacher Peter Deunov (aka Beinsa Duono). Although his groups were attacked by Russian orthodoxy, the teachings remain to this day.

Even more recently we have Annalee Skarin, a former Mormon who was excommunicated for believing we could all go directly to God without the need for priests, ministers, rabbis, clerics or anyone else. There are countless others. Now, in this age of Internet and global telecommunications, many teachings are coming to the surface, giving souls everywhere a chance to avail themselves of the true teachings of Christ.

Transition from Dark Ages to Renaissance

From about 500 AD until around 1500 AD, religious oppression and primitive ideas and superstitions seemed to abound. This is partially because the higher beings withdrew to assess the situation and come up with a plan to help enlighten the people of Earth. They were not allowed to intervene directly for reasons given previously. After seeing the decline in vibration on Earth and wanting to do something about it, they decided to send their best and brightest souls to reincarnate into the Mediterranean states (and other parts of Europe), in order to effect change from within.

Those that volunteered to reincarnate knew the task would be difficult. They would be born into a time of religious intolerance and many would likely be tortured and persecuted for having beliefs outside the realm of church tyranny.

One of the ways new ideas could work their way into the society was through art, theatre and

music. As long as these mediums did not openly defy the teachings of fundamental Christianity, they were allowed and even appreciated. Most of the great artists during the Renaissance included religious paintings, sculptures and jewelry among their works.

Gradually, those with a bit more tolerant attitude made their way into power and a period of relative peace and prosperity ensued.

Modern Day Mystery Schools

Along with the Renaissance came many revitalized attempts at opening up mystical spiritual paths. Below are some of the mystery schools, occult organizations and fraternities that sprung up based on the teachings of true Christianity. All of the ones detailed below became corrupted by dark elements at some point along the way, a process that occurs because of unresolved Original Cause issues.

The Freemasons

Although many paths show an enlightened mystic or teacher that later went on to found a particular religion or movement, in many cases the wisdom imparted by the founder gets distorted as soon as the teaching becomes institutionalized. We have always said that the problem is not religion; it's the institution of religion. The higher spiritual principles can be found in all religions, but when the teachings are shared with the world by unenlightened students, individual egos come into the picture.

Such is the case with the Freemasons, a group that, in the beginning, actually resembled in some ways the Essenes. As the name implies, the Freemasons were architects, carpenters and builders on both a physical and spiritual level. The idea was to build a new society based on true spiritual values.

Many of the world's leaders have been Freemasons at one time or another and a lot of them have become corrupted by their sense of power and prestige. The Masonic Order has been based on secret knowledge passed through various levels of initiation, and those in the higher levels have usually prided themselves on being "better" than those at the lower levels. Outwardly, many of them would deny this, but energetically they were seeing themselves as "elite" because they had reached a certain level of initiation.

The Masonic Order has essentially 33 levels to their basic structure, with several "secret" levels beyond the 33 that most people do not know about. A significant number of presidents, prime ministers, members of parliament, senators, congressmen, etc., are Freemasons. The USA was founded primarily by Freemasons. Some of the highest members in the Order are also involved in political structures that have more power than the elected leaders of these countries. Many are bankers, or part of "black ops" governments that exist outside the budgetary control of the conventional governments.

The Knights Templar

Another such group is the Knights Templar. This organization had several "beginnings" including that of Christian mysticism. The original members had differences with the church and formed an organization to practice Christianity outside the confines of conventional doctrine.

Some of the members went on to form political and financial organizations that acted as a

bridge between business and the church or that facilitated the success of business by using metaphysical and spiritual practices similar to white and black magic. The manipulation of energy using spiritual forces to benefit humanity is white magic, while such manipulation to control and/or do harm to others is black magic.

White and black magic practitioners have been found in most of the secret and occult societies, not just as a mixed group of light and dark souls, but as a mixture within a given individual member of such organizations.

Knights of Columbus, Skull & Bones, and Others

Many fraternal organizations had their roots in mystical Christianity or Judaism, and even seasoned members do not always know how their group got its start. In some cases, it was just a collection of thinkers or philosophers that got together over coffee or tea and then decided to have regular meetings. Perhaps they resonated with a particular teaching or philosophy and decided to formalize and structure it.

The rituals and initiations that these clubs and fraternities have often go back to ancient Egypt or even earlier, but now have become social events, including such rituals as “hazing” activities by on-campus fraternity houses.

In other cases, a deeper, more esoteric and occult flavor can be found, even in such diverse groups as the Bohemian Grove spectacle, attended by leaders of industry and government.

Theosophy (Blavatsky), Crowley, Manly P. Hall and Others

Recent esoteric paths that are fairly well known include the work of Madame Blavatsky and the Theosophical Society, as well as the more independent work of white and black magic practitioners and adepts, such as Manly P. Hall and Aleister Crowley. Many souls feel these occult teachers were dark or negative, but again, that is over-simplification. In most cases, they were a mixture, depending upon what parts of their egos were healed and what parts were not.

It is important when studying any occult path to take what is useful and leave the rest. This author, a long time ago, used the Crowley Tarot deck in his readings, but he never encountered any of the more negative cards during such readings. Even if he had, there is always a soul lesson in negativity, whether it is painful or joyful. Being grateful for the negative experiences in life is one of the keys to enlightenment, as is recognizing that growth need not always be painful.

A question this channel often encounters goes something like this: “How can we tell whether a group is positive or negative? Is it possible to be deceived by beautiful words that have an evil intent?” Of course, the answer is “Yes.” As the reader no doubt knows by now, this author is constantly stressing the need for discernment. However, this might be a good time to review the basic criteria for evaluating the authenticity of a positive-sounding message, group or school.

Always ask yourself, “What is the real motivation of this group, school, or society? What have been the results achieved by existing members? Are they empowered and successful in their lives (according to both material and spiritual standards)? How much do they depend on their leader, teacher or guru? How are the finances of the organization distributed? Is the organization top-heavy, meaning all the prosperity flows to the top and those at the bottom are living in poverty? How do the members at the top view new ideas, suggestions for improvement, and unconventional attitudes and behaviors by the other members?”

It is one thing to repeat something that is tried and true, and quite another to get bogged down in ritual and rote exercises. If a spiritual path is dead and lifeless and practices hollow

ceremonies and procedures, an aware person can feel this.

A truly enlightened teacher seeks to make the students attain similar states of consciousness to him or herself. Recall John 14:12 in the Bible, wherein Jesus states, “These things shall ye do, and greater things than these...” Obviously modern Christianity has failed to follow this teaching and instead puts Jesus on a pedestal, claiming that nobody can ever be as great as the master — all in direct opposition to his teachings.

Let us now continue to take a look at some of the evolution of ancient mystery schools into modern societies.

The Bavarian Illuminati

The word “Illuminati” means “enlightened ones, or those with illumined vision.” Any mystical order or society with enlightenment as its goal could be considered part of the true Illuminati. This does not mean it remains pure and true to its purpose. Once again, egos interfere and begin arguing with one another and pretty soon the group has lost its original meaning.

The purpose of true teachers is to empower their students to eventually outgrow the need to have leaders. However, if the leaders become attached to being in positions of power and authority, they might start using that power and authority to control and manipulate their students (and the world at large).

Although there have been different Illuminati groups throughout the ages, the modern-day Illuminati began in 18th century Bavaria, attributed to Adam Weiskopf and a handful of other visionaries.

Once again, this group came largely out of rebellion against the dictates of the church, and several of the members were considered outcasts because of this. As the Bavarian Illuminati grew in membership and prestige, some in the church felt they were a threat to the status quo and sought to eliminate the Order. However, a portion of the members had friends in high places, or were already in high places, and although part of the society went underground, it found a way to flourish and branch out.

The Rothschild Dynasty and Today’s Illuminati

There were several “bloodlines” of the Illuminati that you can read about in other sources, but perhaps one of the most famous and powerful was that of the Rothschilds. The word means “red shield” and has the lion as its symbol. Where have we seen the lion before? Yes, that’s right, the Sirians in ancient Egypt.

Which extraterrestrial group do you think is associated with the Rothschilds? If you guessed the Sirians, you would be right again. As much as many would like not to admit it, both the Germans and Jews had Sirian ancestry, as did the Arabs.

The Rothschilds, however, could have cared less about ethnic groups as long as they were the ones pulling the strings. In this case the strings had to do with property ownership — large properties — and a certain institution known as banking.

Today’s banking schemes of compound interest and fractional reserve lending can be accredited to the Rothschilds (among others).

Over time, the dynasty grew until the greater Rothschild family owned almost 30% of the wealth of northern and central Europe. Some individual members of the family practiced light and dark magic and occult studies, while others were strictly interested in making money.

Being in the business of wealth and power, the Rothschilds and competing families attracted

the attention of the Orions and Dracos, who themselves were obsessed with power and control. While the Orion bloodlines were already saturated into the society, the Dracos relied heavily on influencing the Illuminati from behind the scenes, in this case from the astral realms.

Many of the occult rituals performed by members of the Illuminati brought forth negative entities to possess the practitioners (who were also world leaders).

A little basic research will show that blood sacrifices (including the drinking of blood), exotic sexual rituals, sadochism and masochism, child abuse, and all manner of torture and murder, have been common practices among those possessed by dark Dracos (and to some extent dark Orions as well).

A word about Satan: This archetype does not refer to an actual being, but rather to those who align themselves with darkness and perceive God as the enemy. Satanism and Satanic rituals have been associated with many negative beings throughout history, most recently with Anton LaVey.

Other families involved in banking and commerce, but not necessarily with Satanism, included the Rockefellers, the Morgans and a few others. Although not all of them were involved in occult studies, many of them were drawn to greatly expand their influence by exerting the principles of mind control and manipulation over governments and militaries.

It is well known that members of the Illuminati typically finance both sides in wars, using the doctrine of “divide and conquer.” By keeping people fighting among themselves, it is easier to control the populace. As long as these organizations remain secret, hidden, behind the scenes, etc., they remain in power. Or at least they keep the illusion of being in power.

If such groups were to become exposed and their true agenda understood, they would rapidly lose their sense of power because people would no longer tolerate the armchair strategists selling weapons to both sides in war.

And the truth is, they *are* being exposed. We now live in a time where everything is coming to the surface of consciousness to be revealed for what it is. This is also happening externally by exposing the “man behind the curtain” or seeing that the Emperor has no clothes.

It takes very little research to discover that certain governments and their masters are financing both sides in the current Middle East situation. Arms manufacturers don’t care who they sell guns to as long as someone is buying them. Military contractors make huge profits first manufacturing the weapons and using them on a country’s infrastructure, then winning contracts to go in and clean up the mess made by the military (rebuilding the infrastructure). In other words, war is big business.

The Rothschilds, Rockefellers, Morgans and a few other wealthy families keep this game going by creating central banks (such as America’s Federal Reserve Bank and the U.K.’s Bank of England) and central banks (such as the International Monetary Fund and Bank of International Settlements). The purpose of these organizations is to extract wealth from the governments and private citizens and funnel it into the “elite” masters at the top of the pyramid.

At the time of this writing, the scheme was doing very well even though more and more people were discovering the nature of what is going on.

We will have more to say on the dark Illuminati in a later chapter devoted to the strategies and structure of the dark forces.

Extraterrestrial-Based Mystery Schools

There are several ET-based mystery schools that are currently working with humans to

enlighten them (or enslave them as the case may be). The ones given below are generally light-oriented, although some of their members may not necessarily have a great understanding of human free will and might not always make decisions that are truly best for humanity.

Great White Brotherhood aka Councils of Alcyone

There have been a large number of spiritual groups and fraternities based on the teachings of the Great White Brotherhood. This group prefers the name “Councils of Alcyone,” because of political fallout. To some the name may imply that this organization promotes white males. The Councils of Alcyone originated in the Pleiadean star system and now serve as the spiritual government for this sector of the Milky Way. They have a higher vibration and greater responsibility than the headquarters of the Galactic Confederation in Mintaka (on Orion’s belt).

They oversee many of the angelic and archangelic orders of celestial beings from seventh and eighth densities, and ascended masters from eighth and ninth densities.

Keep in mind that spiritual government is a name given for convenience’ sake. The members of this organization do not view themselves as a government and they do not think of themselves as having power over anyone.

Order of Elohim

This angelic and archangelic order is also fairly well-known. Often you can tell if a particular angel or archangel is a member of this order by the ending of their name. Beings whose names end in “el” are usually members of the Elohim. Of course the word is Hebrew and means, “God force emanating from on high.”

Examples of members include the seven archangels: Michael, Gabriel, Jophiel, Chamuel, Raphael, Zadkiel, and Uriel.

Order of Metatron

This angelic order is similar to the Elohim, but a bit more practical and scientific in its approach to spiritual government. Celestial beings whose names end in “on” are frequently members of this group, including Hilarion and Sandalphon. The leader of this group, Archangel Metatron, works with dozens of Earthly channels (although there are a fair number of impostors claiming to be Metatron).

Order of Melchizedek

This order, founded by Lord Melchizedek, is comprised of members from hundreds of star systems. Jesus was a member of this Order, as it clearly states in the Bible (or at least it does in the King James Version. Later versions conveniently alter the translations to disguise this fact).

Galactic Confederation aka Galactic Federation

This is a very large organization consisting of souls vibrating at densities between 6th and 9th levels. It comprises over 1,000 star systems in this region of the galaxy. Again, there are many channels who are not actually working with the Confederation but with impostors. The Confederation is tasked with preventing the destruction of Earth. They are the main group tasked

with intervening in the deployment of weapons of mass destruction, among other things. Jesus (Lord Sananda) is the leader of this group. Below are given two of the extraterrestrial groups who work for the Confederation.

Ashtar Command

This group of scientists comes from Pleiades, Sirius and Arcturus and joined the Galactic Confederation to better serve humanity. Not all of the members are highly enlightened and some of their channels are bringing through distorted messages.

Solar Cross

This is another extraterrestrial group of scientists, some of them overlapping duties with the Ashtar Command. Members of both groups include Kortan, Monka, Hatonn, Soltec and others. All are members of the Confederation.

Sananda Mystery School

This group is headed by Lord Sananda himself and is one of many ways he interfaces with Earth. The basic course is taught through this author and consists of six phases, each with 26 lessons. When students study one lesson per week, the basic course takes about three years to complete.

Venusian Mystery Schools

There are several mystery schools located in the etheric and causal planes of our neighboring planet, Venus. These programs used to be headed by Sanat Kumara, a beautiful being of light that has since become assigned to a set of worlds in the Sagittarius star system. Once again, there are many impostors claiming to be Sanat Kumara, so discretion is always advised.

The Venusian mystery schools are now led by a collection of the former students of Sanat Kumara, who are well-qualified, enlightened beings.

Souls frequently travel from Earth in their astral and etheric bodies to attend the mystery schools of Venus, and many receive instruction in-between lifetimes while in their discarnate state.

Arcturian Mystery Schools

The Arcturian Mystery Schools are usually available to souls in-between incarnations, or during an extended break between incarnations. Because the vibration of Arcturus is very high (5th through 9th densities), souls often must acclimate before attending courses. To help them adjust to the higher frequencies, a “mid-way station” has been set up for souls making the transition to and from Arcturus.

Now, let us turn our attention back to the study of different continents and the tribes and cultures that flourished and withered there.

The African Tribes and their Origins

The dark-skinned peoples arose from a combination of environmental factors (lots of hot sunshine much of the year) and genetics. The darkest races were typically a Sirian-Andromedan hybrid that began colonizing central Africa over 100,000 years ago.

The Andromedans came to Asia and Africa, seeking a rich, plentiful world where they could expand their galactic influence. They arrived by traveling through a wormhole in space/time linking the Andromedan and Milky Way galaxies. While most of them settled in central and eastern Asia, a few groups came to Africa. At the time of their arrival, the majority of tribes in central Africa were from the Sirius A star system. They had dark tan-colored skin, different from the more olive complexion of the pure Andromedans. When they interbred, they produced very dark-skinned offspring that represent today's Negroes.

(Note: There is various channeled material giving specific names to the Negroes, including the term, "Ronaloika," which refers to a specific star system in the Andromeda galaxy.)

All of the dominant star races settled in parts of Africa. The Pleiadeans were primarily in the southern part, the Sirians in the central and northern part, and the Orions spread out all over. The Andromedans settled in the central part on several occasions.

To accurately follow the various African tribes and their hybrids would require an entire volume, so we have chosen only a couple of them for further study.

The Dogon Tribe

The Dogon tribe in the southern part of Africa was predominantly from Sirius A. Their cave drawings depict a highly accurate picture of the Sirius A and B star systems. Their official story is that this is where they came from. The interesting thing is, the cave drawings are thousands of years old, but modern science did not discover the presence of Sirius B until about 50 years ago, using high-powered telescopes. Obviously, the Dogon people had advanced astronomical knowledge, or they accurately remembered their past lifetimes in Sirius.

The Nubians and Others

The Sirian and Andromedan peoples of central Africa migrated north along the Nile River and interbred with the predominantly Sirian and Orion colonies of the Middle East. The Nubian tribes are representative of this. There were also some Dracos in northern Africa, and when we put all this together with the colonies of ancient Egypt, you can see how they blended and merged.

There were also Sirian-Orion hybrids in various parts of Africa, including the western portions. The Sirian-Orions were typically more aggressive and territorial than the other hybrids.

From 50,000 to 100,000 years ago, most of the tribes in Africa co-existed in a relatively peaceful state, with occasional skirmishes over territory and resources. With time, the Sirian-Andromedan hybrids became the dominant race throughout much of Africa, due to normal land migration. Between 25,000 and 50,000 years ago, there were a number of climate variables that prompted some tribes to become nomadic in search of adequate food and water, and the more aggressive tribes began taking over the relatively peaceful ones. Today, Orion, Sirian and Andromedan DNA are mixed together in a complicated mosaic.

We mentioned the Dogon tribe because of the unmistakable map of the Sirius star system drawn on one of their caves thousands of years ago. The Dogons were part of a series of colonies set up by the Sirians when they arrived en masse about 300,000 years ago.

There were Pleiadean-Orion hybrids already existing in many parts of central Africa around

that time, and scattered incidents of warfare broke out between the tribes competing for resources and having territorial disputes.

The Sirians in their spaceships stayed in touch with their humanized colonies for quite some time, giving them wisdom and technology from “on high” mainly to the elders of the tribes.

The Dogons and others created some early secret societies among their tribal members, passing on verbally and telepathically the sacred knowledge of the stars, but only to those that they deemed were ready to receive such knowledge. Ancient laws of medicine and plant spirits were imparted by the nature realms (faeries, devas, etc.) and the medicine men and women of the tribes learned a great deal about the healing properties of Mother Earth and her sacred plants.

You could say this was the beginning of the era of shamanism, although there are many definitions of that word.

Easter Island

One of the Sirian groups that populated Africa also discovered an island paradise near South America, with lush green forests and abundant wildlife, located near the coast of Chile. Once again, the native Sirians in their spacecraft stayed in touch with the human hybrids on this beautiful island. We say hybrids because there were already Pleiadean-Orion humans living on the island, though in small numbers. The colonizing Sirians quickly subdued the previous occupants, interbreeding and incorporating them into the Sirian way of doing things (described earlier as very hierarchical).

In keeping with the theme of worshipping the Sirian “gods,” huge statues of some of the gods were placed on the island (using sound levitation and lasers from the Sirian spacecraft). After all, the island dwellers needed deities to worship and these stone statues served to remind them constantly of their “superiors.”

Over time, the Sirians in their spacecraft had other things to tend to and pretty much left the islanders alone for long periods of time. As the inevitable vibrational drop occurred, the hybrid race started worshipping the statues and conducting sacrificial rites. They eventually “devolved” to the point where they no longer felt their connection to the Earth, devoting most of their time to procreation and pleasure-seeking activities.

As the population grew from constant copulation, their resources began to dwindle. The climate changed and precipitation grew less frequent. It got colder. Pretty soon they were cutting down their trees for firewood and to build more sturdy homes. Because of the lack of rainfall, they were unable to replant sufficiently to keep their source of wood, and eventually they cut down all the trees on the island.

Of course, there was the sea and the abundant fish, but even with all the nutrients in seafood, the islanders began to grow deficient in certain minerals. They no longer had any fruits and only a few vegetables. The soil was poor and the sun merciless when it was hot enough to be out in it. After a few generations without trees, the soil was depleted and the people began to die.

The boats fashioned by the islanders began to wear out since they did not have any new wood to rebuild them. These vessels were insufficiently seaworthy to make the trek to the mainland to replenish supplies.

The Sirians in their spacecraft gave up on the islanders and turned their attention elsewhere, and that was the end of the Easter Island culture.

Other African Tribes

The Andromedans, Pleiadeans, Orions and Sirians interbred within many different regions of Africa, producing a large variety of human beings. Most of them had very dark skin (Negroes), but a few white races were mixed in, depending on the genetic configurations. Many descendents of the original races (including Lemurians), knowing that high tech societies would be developed in other parts of the world, consciously chose to reincarnate into the more simple, nature-oriented regions; thus, the so-called “primitive” state of many Africans today.

Keep in mind that the idea of “primitive” here is a judgment based on the idea that in order to measure human progress, you need a high tech environment. All technology means is that a particular subset of the human family has a strong intellect and aptitude toward mathematics and science. It does not mean “tekkies” are any more intelligent than “primitives.” In a similar vein, Lemurians were no less evolved overall than Atlanteans, and in some ways the Atlanteans devolved a bit since the time of Lemuria.

To prevent this book from becoming too long, we are not going to go into detail on the other African tribes, especially since there are so many, each with an interesting set of stories.

India and Southeast Asia

The Establishment of Religions

Every continent has had religion. The moment a single soul experienced Original Cause and felt cut off from Source, the ego was born. From the ego’s perspective, God is either out there somewhere or doesn’t exist, and depending on experience passed down from ancestors, as well as interactions with “gods” (extraterrestrials), a number of beliefs can form.

We saved this discussion for the “India” section because one of the oldest religions (Hinduism) is also connected with some of the most advanced and enlightened ETs ever to come to Earth — the Lyrans.

The eastern holy books are quite detailed and lengthy, especially considering that many of the original texts can no longer be found in print. You will note, when perusing them, that there are a wide variety of gods, representing ETs from all over the galaxy.

We are going to focus in on the Lyrans, since they brought the most enlightened concepts to the eastern people.

The Eastern Indians and Origins of Hindu Culture

As with every religion, the original teachings of Hindu contained a certain amount of truth, which was passed down through generations. If the originators of the truth stayed around and interacted with the people, the purity of the teachings usually remained, unless the overall vibration of the Earth was too low to support the presence of the original teachers. Highly enlightened teachers, when they realize they can no longer maintain their vibration, will withdraw from the world and regenerate before returning.

Such was the case with the founders of the Hindu religion. For a period of several hundred years, the enlightened beings interacted with the people and helped them develop a series of protocols for daily living. Not all of these behavioral guidelines were strict and austere. When you view Eastern Indian art, you see a colorful display of festivals, music, dance and merriment.

The caste system was a later development, consistent with the gradual distortion of the original teachings and the rise of the ego. Any time a religion adopts a hierarchical structure, you

can be sure that the souls at the top of the hierarchy have fallen into identification with form, to some degree.

This is not to say that there are not levels of responsibility in an enlightened organization, but adherence to strict protocols that exclude some members of the society is always a movement toward separation and its resulting illusions.

All beings were not created equal, but they were all created to have equal value. There is a difference. If everyone were equal, creation would be quite boring indeed. But that does not mean that any soul in creation has lower value than any other soul, or deserves love any less (or any more). Recognizing diversity means seeing the incredible variety in creation while knowing that every being is precious and of infinite value.

The Story of the Lyrans, the Vega Star System and Lord Krishna

In an earlier chapter, we indicated that the Lyrans were the originators of the humanoid form, before later migrating to Pleiades. Although Earth is considered a Pleiadean world and the root race is Pleiadean, the Lyan civilizations continued to evolve. Not all the souls migrated out of the Lyan constellation. Some stayed put and built great civilizations among some of the planets around the star Vega.

A particular world in the Vega star system (the bright center star in the Lyan constellation) was the home of a highly evolved race with light blue skin and shimmering golden auras. These beings resided in the 7th through 10th dimensions, and one of the most enlightened and loving of them was Krishna.

Many of the stories of Krishna's life are essentially true. Of course they are embellished and distorted in many places, but the essence of who he was (and is) can be gleaned from a careful reading and absorbing of Hindu scripture.

Although he is depicted playing his flute, dancing and making merry, he also advised the warriors before going into battle, and it was not always pure love and light. Krishna realized that staying in a high state, out of the reach of ordinary "mortals" was not going to do much to improve things on Earth. So he interacted quite intimately with human beings during the hundreds of years he was teaching.

There have been many "Krishna" movements, but most of them have failed to capture the essence of this beautiful being. If you read the stories and follow them closely, you will see that although Krishna interacted with everyday people and had a practical down-to-Earth approach to many problems, he was in a transcendental state much of the time. In other words, he had no emotional investment in the things that ensnared most people.

Perhaps that is why he was so jovial in the accounts by his closest disciples. Contrary to the teachings and methods given by some Krishna organizations, this author's experience is that simply calling Krishna with true devotion and sincerity is all that is required to receive a "download" of energy from him.

Today's India bears little resemblance to the original teachings, although you can still find a great variety of sages, siddhus, mystics, gurus, and religious figures living an unhurried life of meditation and service. Krishna and his devotees were not anti-technology and they did not preach that meditation and passivity were superior to technology and mental activity. However, the Lyrans and their Lyan-Pleiadean hybrids, which comprise most of India today, were a lot less competitive, aggressive and goal-oriented than many of the western cultures — from the beginning. The influence of Krishna is still felt in many parts of the East, and it has only been in the last 50 or 60 years that the scientific community of India has significantly influenced the

slow, meditative pace of life in general.

Today, the highest vibrational people on the planet live in the extreme northern part of India, Nepal and Tibet. The high elevation, combined with the influence of the Lyrans, have allowed the higher vibrations to remain somewhat unsullied by the constant barrage of negativity present in so much of the world. Also, northern India, southern and western China and Mongolia are in the general location of one of the etheric cities of light, Shambhala, which is described in earlier writings.

Other Peoples of Southeast Asia and the Island Nations

The ETs that colonized Southeast Asia and the islands were primarily reincarnates of Lemuria, along with Andromedans and Pleiadeans. Many of the Lemurians felt they did not fully learn their soul lessons when their homeland was destroyed and so they decided to create similar conditions in subsequent lifetimes.

However, nothing is ever exactly as it was before, and when the Lemurians arrived in the greatly reshaped land masses of Indonesia, Thailand, Cambodia, Vietnam and the Philippines, they found the Andromedans breeding like crazy and dominating the gene pool.

The typical Asian characteristics of yellow-brown skin and slanted eyes are indicative of Andromedan DNA. These souls tend to be quite brilliant mentally, but often have a hard time expressing emotion. When they interbred with the Lemurian Pleiadeans, their demeanor softened somewhat.

The Lemurians were just the opposite of the Andromedans — very emotional, physically active and spontaneous, unlike the careful strategic planners that made up the majority of Andromedans. This made for some interesting hybrid races in Southeast Asia.

A few Atlanteans managed to incarnate into the island nations as well, but they were not very well adapted to the unique genetic makeup they found there. Most of the Atlantean Pleiadeans moved farther north, up into Japan. The genetics of the Japanese are such that the mind is very dominant and therefore pro-technology, as you can see by witnessing the high-tech nature of Japan today.

Note: The imbalances in the Japanese people are similar to the imbalances in the Atlanteans — too mental with not enough heart. The recent Fukushima incident is a result of the overriding of intuition by the intellect. An intuitive culture would have foreseen the dangers of building atomic plants on an active fault line near the coast.

Northern and Central Asia, Russia and China

The Ancient Peoples of Siberia, Mongolia and Northern Russia

Most of the tribes existing in this part of the world between 100,000 and 25,000 years ago were a blend of Andromedans who had established themselves in China and Far East Asia, and groups of Pleiadeans, Sirians and Orions that had interbred throughout the region known as Siberia. Due to the sheer size of Siberia and its harsh winter climate, many small groups of Pleiadean hybrids scattered themselves across the region, doing their best to survive with often primitive technologies. The northern Pleiadean groups liked the cold weather and lack of strong sunlight, while the Orions and Sirians preferred somewhat warmer climates. Therefore, there was very little interaction between the tribes except when droughts or sudden changes in climate

forced them to migrate.

The Hyperboreans, Nordic Pleiadeans and Siberian Shamans

The groups known as “Hyperboreans” actually started in three places. One of these were a group of Pleiadeans that began in northern Scandinavia and far northwest Russia, near Sweden and north of the modern-day city of St. Petersburg, Russia. They gradually migrated farther south in search of plentiful wildlife and a slightly longer growing season.

At the same time, another group of Nordic Pleiadeans began in northern Siberia and gradually spread down through the Ural Mountains and eventually into the Caucasus range.

Concurrently, the Far East Asian blend of Andromedan and Pleiadean cultures slowly spread westward until they reached the eastern boundaries of the Urals. Some of them made it all the way to the Black and Caspian seas and eventually interbred with the Middle Eastern tribes, who were primarily Sirian and Orion.

A few managed to migrate even farther westward into what today is Bulgaria and Romania, becoming the forerunners of the Thracian races.

Today, some of the descendents of the Hyperboreans are practicing shamans living in the Lake Baikal region of southern Siberia. Groups of Pleiadean and Andromedan hybrids living in Mongolia moved northward into the lower elevations of the Baikal region where the growing season was a bit longer.

Although the Baikal region was, in essence, the “banana belt” of southern Siberia, it was far from being capable of supporting crops such as bananas, or even the plants of a more temperate climate. Most tribes lived on local edible plants and various mammals similar to today’s deer, antelope, elk and moose. Those living along the shores of Lake Baikal had an abundance of fish found in the world’s deepest lake.

Today, these tribes still practice forms of shamanism, which in essence means having a conscious relationship with the spirits of the plants and animals. Medicine men and women receive guidance from the elemental and nature spirits as well, and they are instructed in how to formulate herbs and potions for the healing of almost every malady.

The People of Eastern Europe

The Thracians

The Thracians are a combination of Hyperboreans and Middle Eastern tribes that emerged after the last ice age. A few were survivors who managed to brave the cold wind, ice and snow as they migrated south and west, while others were taken off the planet by ET races and then relocated a bit farther south. They are about half Pleiadean, one-fourth Orion and one-fourth Sirian. Originally they settled along the banks of the Black and Caspian seas, and then later migrated into Greece, Bulgaria, Romania and to some extent, Hungary.

They attempted to establish colonies in what today is Turkey, as well as Persia, but met a lot of resistance from the early ancestors of the Ottomans.

Another offshoot of the Thracians is the Vinca, and also the Turdas, two groups that have received scant mention in most anthropological journals. Remnants of these civilizations can be found in the countries that make up former Yugoslavia.

The Origin of the Romans, Greeks and Ottomans

The Ottomans, like the Greeks and Romans, originated in the eastern Mediterranean as descendents of the Sirians and Orions, being roughly half of each (with just a little of the original Pleiadean DNA). There were some significant battles fought in the area of Eastern Turkey, western Iran and northern Iraq several thousand years ago between various Sirian-Orion hybrids that later became the Ottomans. The “losers” in these battles were forced westward into Greece, Macedonia, Albania and other regions of southern Europe. Groups of Sirian-Orions who had settled in southern Italy and northern Spain migrated eastward to escape the barbaric behavior of the more aggressive Orion groups (including the Romans). Today Greece is a blend of Thracian, “Hellenic” and Ottoman bloodlines, consisting of about 50-50 Sirian and Orion DNA. There is sufficient information on these recent peoples from other Sources, so we will be brief here.

The original Romans were about 75 percent Orion and 25 percent Sirian, a highly aggressive combination, as is evidenced by the frequent battles fought over who would dominate Rome and the surrounding countries. Roman aggression spread in all directions, affecting most of the Mediterranean countries at one point.

The constant presence of Original Cause issues in the Romans led to their downfall, along with the incredibly large amount of karma accrued as a result of their attachment to power and control. (Again, this is not punishment by God, but merely a desire on the part of Roman souls to experience the other side of the oppressor-oppressed duality in order to balance out the learning process.)

As mentioned earlier, the more enlightened Sirians and Orions withdrew their presence for about 1,000 years, from around 500 until 1500 AD, thereby resulting in the “Dark Ages.” Although the “higher-ups” seemed to have given up on humanity during that time, there were always a few bright spots here and there. When the benevolent beings in the higher realms tried again to influence the Earth, it was the beginning of the Renaissance.

Northern and Western Europe

The Nordics, Vikings and Red Giants

When the Romans and Saxons first moved north into what today is France, Belgium, the Netherlands and Great Britain, they encountered groups of souls they did not anticipate would be living there. These were descendents of the peoples from the far north, known by various names. Let us go back to the origin of these northern peoples.

There were two groups of extraterrestrials that started colonies in what is today Scandinavia, as well as Greenland and parts of northern Russia. These two groups were actually three: 1) a group of Pleiadeans from one of the star systems in the seven sisters, called the “Nordics,” who were tall, with blonde hair and blue eyes; 2) another group of Pleiadeans from a different star system outside the seven sisters, who have come to be called “Hyperboreans” who had similar features but were not as tall; and 3) a group of beings from Antares, a red giant star in the constellation Scorpio, which were tall and red-skinned. They are the Red Giant race spoken of in the Bible and other early writings. Their descendents were known as the “Vikings,” and are obviously not as tall.

All of these groups came to the Earth during the time of Lemuria and Atlantis, but did not fancy the tropical climate of these civilizations due to their fair skin and complexion, opting

instead for a colder and cloudier part of the Earth.

The Nordic Pleiadeans are still in contact with humanity. One of their more famous interactions was in the Billy Meier story.

In some writings, there are accounts of a malevolent Nordic race from another star system. However, both the Pleiadeans and Antareans were generally peaceful beings, although like our civilizations on Earth, levels of enlightenment can vary significantly within a given race. If you are a fearful human being, you will likely encounter the fearful members of other star systems, but if you are loving, you will find loving beings in almost every star system.

The Nordic Pleiadeans and the various Pleiadean-Orion and Pleiadean-Sirian hybrids settled in many parts of the world, but especially in the northern part of Great Britain and Scandinavia, due to their preference for a colder climate with less direct sunlight.

Over the past 60,000 years, there have been several mystery schools and occult organizations that have sprung up among the human members of these groups. Due to the relatively low vibration of Earth, direct contact with the stars was often not available to humans, but the more aware and telepathic members of each tribe or culture were always able to make contact in one way or another with the star races.

The northern European tribes eventually split into two factions — those who preferred the cold dark climate and those who migrated in search of an easier life in the warmer climes.

Below we have detailed some of these peoples.

The Coptics

The Coptics were the first of these groups to leave behind easily accessible monuments and carvings, and are thought to have existed about 3,000 years ago in Scotland and other locales. We would say that these are more modern-day Coptics, who are a blend between the ancient and more recent races. Nevertheless, some of the members of the Coptic culture were visionaries and mystics, and they were largely responsible for the stone circles seen in numerous parts of Great Britain (with a few in Scandinavia as well). They were the original architects of Stonehenge and Avebury, to name just two.

The Coptics were telepathically in contact with the Pleiadeans and were given instruction on how to build their temples and stone circles not only to tell time, which is one obvious application of their buildings, but to make astronomical calculations and have a place to recharge and regenerate. Outdoor stone circles are temples and places of meditation if they are used properly.

When these structures were first created, they were accurate enough in the placement of the stones that you could calculate the exact day of the year by the position of the sun through cracks between the pillars. You could also predict with certainty the position of various stars in the heavens — in fact, the circle itself was a star map when read carefully.

The Gnostics

The Gnostics were another group that originated back during the days of Atlantis and Lemuria, and then branched out to many parts of the world. The word “Gnostic” actually means, “Having a deep, personal and direct experience of God,” or more conventionally, to “know God.”

The mystery schools of the Gnostics were quite varied in their locales and programs, but they all shared a passion for direct experience. Some traditions credit them as being the first mystics,

although our definition of that word includes anyone in any time period that seeks a direct experience of the Divine.

One branch of the Gnostics made its way westward and northward into the Netherlands, Belgium, Germany, and up into Scandinavia and northern Great Britain, while another originated closer to the Mediterranean Sea.

The Druids

The Druids were a group that originally branched off from the Coptics and are credited with a lot of myths and legends of recent times. Included among these is the legend of King Arthur. Arthur was not a king, but a spiritual teacher and his sidekick Merlin was not a magician but a benevolent spirit guide. The knights actually existed and they were students of Arthur, learning spiritual disciplines, martial arts and esoteric teachings that they applied in their sacred duty to the throne. Arthur and the knights were very successful at keeping law and order throughout England around the 10th and 11th centuries, until a group of Saxons and Vikings surrounded them at Cadbury Castle, about 20 miles southeast of Glastonbury. Arthur, knowing he had no human means of escape, willingly surrendered to the sword. His wife, Lady Guinevere, lived in a forest just west of Glastonbury (which today is pastureland). The knights were buried near Cadbury Castle. Although the Abbey at Glastonbury claims to be the burial grounds for Arthur, this is incorrect. Incidentally, a major ley line and vortex are located at the Tor, a monument on the top of a hill nearby that was built by descendants of the Druids in the 13th century.

The Celts

The Celts were another offshoot of the Coptics that settled in Ireland, Wales and parts of Scotland. Many of them became Christians, while some kept the ancient pagan ways. The bloodlines of the Celts and Druids are complicated and intertwine, but each group had specific mystical rituals and ceremonies designed to connect with the Divine.

Today, remnants of the Coptics, Gnostics, Druids and Celts are integrated into the Christian church and modern society. One off-shoot of Christianity is the Coptic Church, which is actually older than the Church in Rome (modern-day Catholic popes and priests know this, but many choose to reject the Coptic church while others grudgingly accept it).

The Russian and Greek Orthodox churches have more in common with the Coptics than with the early Christians of the Nicene Councils. Remember that Scandinavia is a short distance from northern Russia, and the Coptic influence was well-established in that part of Russia thousands of years ago.

North America

The Hopi, Anasazi and other Tribes of North America

The North American continent was originally populated primarily by Pleiadeans from three different star systems and of course, the ubiquitous Orions. One hybrid Pleiadean-Orion faction gave rise to the Eskimos. Another group, hybrids from Pleiades and Alpha Centauri, were the Kachinas who came to the Hopi tribe. The Kachina story is that they came from the mountains, specifically the highest peak in that part of the southwest. But some elders know better. After all,

the Kachina dolls look remarkably like ET visitors wearing space suits. The Kachinas gave the Hopi knowledge and wisdom about the climate, when to plant their crops, etc., as well as being instrumental in the formation of the famous Hopi prophecy.

On one of the rocks near “Second Mesa” is an inscription showing four worlds (represented by four suns), then a strange double petroglyph showing a downward spiral and ascending staircase, followed by a fifth sun. (A diagram is furnished in book, *“Earth Changes and Beyond.”*)

The four worlds are Pangaea, Lemuria, Atlantis and the present civilization, which is now at a crossroads. One path leads upward, to the ascension, and one leads downward into death and destruction. The middle way, the path of peace and taking care of the Earth, is for those kind-hearted souls not ready for ascension, and represents the fifth world — the golden age of peace and prosperity rising from the ashes of the old world.

Just a short distance to the east, in New Mexico, is the remains of a civilization that came complete with priests and shamans (some of whose homes are still intact in one of the archeological sites, Pueblo Bonito). These were the Anasazi, one of the tribes that suddenly vanished hundreds of years ago.

Beings with an exotic hybrid DNA that included a blend of star races interbred with the Pleiadean humans in this region, which became the Anasazi nation. Although there are very few pictographs in the region of Chaco Canyon where the headquarters of their government was located, there are rumors of nearby caves showing star races interacting with humans and giving them certain technologies and healings.

The Truth Behind the Disappearance of the Anasazi Elders

According to the Akashic records, the sudden disappearance of the Anasazi can be traced to two factors: 1) a terrible drought followed by illness that claimed the lives of the weaker members of the tribe; and 2) relocation by benevolent ETs, via spaceship, for the elders and able-bodied men and women. It is not clear from most sources whether or not the Anasazi were brought back to Earth in another location, or taken somewhere in the stars. The Akashic records indicate the latter.

The Eskimos and other Far Northern Tribes

We mentioned the Eskimos and northern tribes earlier. Many of the same peoples that came through northern Russia and Scandinavia crossed the Bering Strait and Aleutian Islands into Alaska and northern Canada. As the climate changed several times (with various ice ages), they wandered farther south into the northern reaches of the United States. The various Indian tribes of the Dakotas, as well as the Pacific Northwest, have their origins among the Nordic Pleiadeans, as well as some other Pleiadean groups with darker skin and shorter figures, and a few Orion, Sirian and Andromedan blends that originated in Russia.

The Tribes of the USA

Pleiadean-Orion hybrids blended with Andromedans appeared as the Inuit tribe. Most of the plains and eastern tribes, including the Lakota and Cherokee, were mostly Orion, which included the deep red-skinned races. The brown and light-skinned groups had a predominance of Pleiadean DNA.

Farther south, you have the Seminoles and the desert tribes of the American southwest, including the Navajo, who were a blend of three or four star races.

Most of the tribes that still exist (in decimated numbers due to genocide by European settlers) began their most recent colonization between 60,000 and 100,000 years ago. Up until the time the Europeans came, there were over 100 tribes, numbering in the hundreds of thousands of souls. Today, there are less than 25 tribes that are documented, and their numbers have dropped by over 80%. Many are “kept” on reservations, although karma has a strange way of playing out. Several tribes have been allowed by the dominant government to operate casinos, and it is almost entirely white people who visit them and spend their money.

Other Native Americans have, unfortunately, adopted the white man’s way, including alcohol, junk food and cigarettes. The Navajo tribe has a rate of alcoholism of around 50% of all adults. The Hopi have Coca-Cola and Nacho Cheese flavored Doritos (loaded with MSG and other toxins) proudly displayed in their kitchens.

There are only a few elders remaining in each tribe, and very little written history. Some of it is passed orally to the most trusted younger members, and a few have taken the native teachings around the world on lecture circuits (but not enough).

Rituals of the Native Americans

Different tribes have different versions of ceremony and ritual, but a few of them include the peace pipe, passed around a circle, in some cases once a week, in other cases only on special days such as the solstice, equinox or full moon.

Related is the talking stick, passed to those who wish to offer prayers or share wisdom. Only the member holding the talking stick is allowed to talk and everyone else must listen. It’s too bad political meetings are not held that way — perhaps more would get accomplished.

Another ritual is the sweat lodge, a type of steam bath formed by pouring water over hot rocks inside a small lodge. Usually there are four rounds, lasting about 20 to 30 minutes each, where prayers and chanting are passed among the members in the lodge.

A more rigorous form of ritual is the sun dance, where certain tribal members dance around the fire non-stop, sometimes for 24 to 36 hours at a stretch, or even longer. The sun dance can last up to seven days.

The vision quest is still practiced by some tribes. Young warriors go off into the wilderness to have a vision, taking nothing but a sleeping bag and water, returning after several days. The idea is to not only receive a vision, but also a spirit name that they will use for the rest of their lives.

Most tribes have legends of how the world started, ranging from a great turtle to a sea creature living under the water that spreads forth all life. Many believe in “star people” who came bearing gifts and blessings from Grandfather Sun. Others have stories of spirits emerging from Mother Earth.

One thing they all have in common is a reverence for the Earth. She is held as sacred by almost every tribe. Many Native Americans see our popular culture, with its mind-numbing electronic entertainment, as part of the Great Satan, who steals the hearts and minds of the children.

Perhaps we should take the advice of the Elders and become more aware of our connection to the Earth and Sun.

The Tribes of Central and South America

The Teachings of Ritual Sacrifice and the Maya Culture

In keeping with the nonlinear flow of this book, we are going back and forth between detailing select tribes and cultures, and returning again and again to the source of the problems encountered in these societies.

Many years ago this author went to the rainforests of Central America to experience the legacy left behind by the Mayan priests and kings in places such as Tikal in Guatemala. He had always had a degree of respect and admiration for a culture that created such a sophisticated calendar and ability to perform astronomical calculations. But after sitting atop the pyramids (yes, you are still allowed to climb some of them), and tuning in to the energy of the Mayan leaders, he became disillusioned.

You can still see the blood stains from the human and animal sacrifices that took place at Tikal and other sites. So the author, asking a reasonably intelligent question, wondered how such revered and wise leaders could succumb to such a barbaric practice.

If you study the ritual of sacrifice, in almost every practicing culture it is believed that the gods demand that humans give something (or someone) back to them for their generosity in bestowing the elements of life. While at first, this might seem logical, sort of a giving and receiving balance, the real motivation for this practice was not simply to express one's appreciation for the sunlight, rain, edible plants and animals, etc., it was to appease, out of a sense of guilt and obligation, the gods lest they become angry and decide to withhold life-giving abundance.

There are two things wrong about sacrifice. (In this case, the word "wrong" simply means a distorted perception of the truth.) First, there is a belief that something of value must be given up in order to attain something else of greater value. Second, there is a belief that the elements (fire, air, water, etc.) must somehow be appeased; in other words the elements and their gods are judging humanity and deciding whether or not they are worthy of continued abundance.

Let us go back to a basic principle of the universe. The stars, planets, time and space all operate according to certain laws and cycles that, for practical everyday purposes, are independent from the attitudes and beliefs of humanity (and other life forms). Now, we know that consciousness affects everything, including the sun, moon and stars, but at our level of evolution on Earth, the effect is minimal.

You could decide you hate the sun, but it will keep on shining anyway. Like the Bible says, "The rain falls on the just and unjust alike."

So getting the elements to grant you special favors, or making bargains with them, is a vain effort. This does not mean you cannot tune into the elements, learn how they work, and develop your intuitive ability to foresee what is likely to occur in nature, thereby preparing for floods, droughts, and such. You most certainly can do these things successfully, even as many animals have been doing for millennia.

But let's get one thing straight — nature does not demand sacrifices of any kind, not if the things you are giving up have real value to your spiritual growth, happiness and well-being. Now, that said, over-consumption of natural resources, blatant disregard for the laws of nature, raping and pillaging the environment, or feeling that you must deprive yourself of luxuries in order to save the planet — these are all misunderstandings of natural principles.

If you are attached to material things and believe they are the cause of your happiness, then you might think you are sacrificing if you feel you must give them up in order to be ecological and self-sustaining. In actuality, once you truly understand nature and the higher laws of the universe, you can live in complete luxury without destroying the environment or depriving

anyone else of an abundant life.

The problem is attachment — whether to things, ideas, feelings, people, or whatever. When life seems to demand you to give up the things you are attached to, you might feel that you must sacrifice.

Back in the days when ritual sacrifices took place, very few of these concerns were evident. The tribes practicing the rituals usually had more than enough of whatever they needed, but even if they didn't, this had little effect on their decision to continue the sacrifices.

So what, besides the guilt of Original Cause, actually prompted various cultures to perform ritual sacrifices?

The Influence of Negative ETs on Ancient Cultures

You will soon discover, if you have not already, that a great many of the problems we face today as a civilization, while ultimately caused by the belief in separation from God (Original Cause), have been perpetuated down through the ages by negative extraterrestrials, primarily from Orion, Sirius and Alpha Draconis (with a few relative newcomers such as the Zeta Reticulins).

Using the egotistical Sirians as an example, they demanded allegiance and loyalty, and to prove your loyalty, they asked you to give up something of perceived value in exchange for their continued “benevolence” and sustenance.

“We will give you new technologies to make your lives easier, but in order to prove your loyalty to us, we demand you sacrifice your first-born on the altar.” This was a very effective way of instilling fear in the general populace. If the people were allowed to do as they please, without giving up something of perceived value, they might not take the threats of their “gods” so seriously.

Often the motivation to sacrifice came from additional threats. “If you don't sacrifice your first-born, illness and plague will visit your entire family.” In many cases, the negative ETs had the ability to make things like that happen, by releasing biological agents from the spacecraft, for example.

Knowing that human beings have a “reptilian” brain and a punishment–reward system hardwired into their subconscious minds, the ETs set up hierarchies of reward and responsibility for those that followed their dictates, and punishment for those that did not. Egotistical humans wanted to experience the high of feeling “better” than their fellows, and the ETs were quick to exploit this reptilian trait, promoting the more aggressive and domineering members of society to choice positions within the command structure.

In the case of South American cultures, in addition to the negative ET groups mentioned above, some negative beings from outside this sector of the galaxy migrated to the etheric realms of Venus, setting up shop just outside the area patrolled by the benevolent races who had been living there for millennia. Since the positive ETs already resident in the etheric realms of Venus had a non-interference principle, they pretty much left the dark ETs alone.

The dark Venusians came to Earth in small fleets, seeking to control and oppress the peoples of South America. They quickly learned from the dark Sirians the principles of black magic and mind control, as well as ritual sacrifice.

Although the Mayan priests had descended from the Pleiades, or had migrated to South America after the destruction of Atlantis, they had dropped in vibration in the usual way to the point where their psychic and intuitive abilities were not sufficiently developed to accurately discern positive from negative ETs (unless there were obvious displays of violence and abuse).

The dark Venusians came “bearing gifts” in the form of advanced technologies. They assisted in the building of pyramids and temples.

In the beginning, they would consecrate the temples to honor and recognize the achievement of athletes and community leaders. This earned them the loyalty of the priest class and built up some layers of trust. Slowly, the dark Venusians (and other races involved) started introducing less enlightened doctrines and procedures into their teachings. They convinced the Mayan peoples that in order to have a good life they must give up something precious to them. They impressed upon the minds of the Maya that it was a great privilege to be chosen for sacrifice.

In fact, the best and brightest athletes were often the ones chosen and, being completely brainwashed by the dark Venusians, they gladly accepted this extreme honor of being cut open and having the heart ripped out of the chest and displayed on the altar in front of hundreds of cheering people.

These sacrifices of the best and brightest of the tribe were a very effective tool at keeping the tribe weak so they could remain easily controlled and enslaved by their ET masters.

A few centuries later, the Spaniards invaded many of the lands where the Maya lived, and a new negative element was introduced — the dark Orions who largely controlled the Spanish people at the time.

You will find that often when the agenda of a tribe is to rape and pillage without regard for individual lives, the driving force behind this is dark Orion. The Orions from Rigel are especially keen on physical violence, being the most aggressive of the Orion races.

The dark Venusians found the warrior-like, macho energy of the Orion men to be too much for their more delicate way of controlling and manipulating species and so they retreated, allowing the Orions to take full control of the hapless Maya. Although the Maya had a few tools for hunting and building, their weapons were no match for the Europeans, and you can see the results today in most Central and South American countries.

As we examine the dominant tribes of this region, you will see that in many cases ritual sacrifice made its presence known throughout the area, although each tribe had a different angle on it.

The Toltecs, Aztecs, Incas and Quechua Peoples of South America

The Toltecs

The Toltecs descended primarily from Pleiadeans who settled central and northern South America after the destruction of Atlantis. There were also some tribes already existing in this region prior to the end of Atlantis that were a mixture of Pleiadean and Orion. Most of the Toltecs were about 75% Pleiadean and 25% Orion.

The light and dark Venusians played a role in the story of the Toltecs.

One of the Venusian gods that befriended several of the tribes of Central and South America (including the Toltecs and later the Aztecs) was Quetzalcoatl, which means “plumed serpent.” This Venusian leader wore beautiful, intricate costumes made from the hides and feathers of reptiles common in the equatorial regions. Like all the dark Venusian and Sirian gods, he demanded worship and sacrifice, and ordered great monuments to be built to honor his presence. Because he offered a mixture of enlightened wisdom and unenlightened barbarism, scholars are

often a bit confused by the wide array of artifacts and customs presented in the name of this god.

From the higher realms, Quetzalcoatl often assisted the Toltecs and later the Aztecs in resisting invasion by the Spaniards. In other words, he was truly a blend of light and dark, and the direction he gave the native peoples often depended on whether or not he was in a good or bad mood.

The Aztecs

The Aztecs were also an offshoot of the Pleiadeans who settled in Central America and particularly in what today is Mexico. Their earlier ancestors were both the Toltecs and the scattering of tribes that existed in the Americas from over 100,000 years ago.

The Aztecs had many different gods at different times during their reign, some of whom demanded sacrifices and some of whom did not. If you visit the tombs and monuments of the Aztecs, you will find this curious inconsistency. Some places seem peaceful, while others bring up memories of war, pain, suffering and lots of sacrifice.

The truth is often quite complex when dealing with multiple Earth tribes being controlled by multiple ET groups. The early Toltecs and the later Aztecs had encounters with many different ETs during their time in Mexico, some teaching sacrifice and some a more civilized philosophy. Once again, when the Spaniards invaded, the ETs retreated, knowing that the conquerors had no desire to bow down to anyone, least of all a plumed serpent and his minions.

The Incas

This tribe spread out across the northern part of South America, including areas of Venezuela, Colombia, Ecuador, Peru and Bolivia, as well as the western Amazon basin. The center of their culture was in the Andes Mountains of Peru, but their influence also extended south into Chile and Argentina.

Like the Aztecs, the Inca civilization was decimated and scattered by the arrival of the Spaniards, although some of their cities were not discovered, such as Machu Picchu, due to their positioning on high mesas in the mountains.

The Incas had several gods from different star systems, including light and dark Venus, Arcturus, Pleiades and Sirius. They were a blend of Pleiadeans, Sirians and Orions. Some of them came into the area from Atlantis, while others evolved from Pleiadean, Sirian and Orion colonies that occupied the northern and western parts of South America over 100,000 years ago.

The Incas had help from ETs in building their cities. Many, such as those on the hilltops surrounding Cusco, were obviously levitated into place. We say obviously because the official explanation is so absurd as to be insulting. Stones weighing over 100,000 kgs each are sitting perfectly fitted with laser-precision cuts. These stones have been dated as “pre-Columbian,” meaning constructed during the age of crude implements.

Most of the stones came from quarries up to 100 km distant in valleys. How did they get up on the hilltops? The official story is that they were carried up there in large wheelbarrows. Okay, let's examine that theory. The rocks and soil native to the Cusco region involve mostly soft sandstone. All of the surrounding hillsides where the monuments were built consist of this soft mixture of soil and rock.

What do you suppose would happen to the wheels of a cart or wheelbarrow if it contained a 100,000 kg stone? Correct. They would sink into the soft sandstone. In fact, there is no means of transport over land that would support stones weighing that much. Even heavy-duty diesel trucks

would have trouble staying out of sandstone ruts while carrying stones of that size and weight.

And of course, there is no evidence whatsoever that roads were present in the area at the time these ancient cities and monuments were built.

The Quechuan People

This offshoot of the Incas settled in Peru and Bolivia primarily. While some historians do not recognize them as a separate tribe from the Incas, they were a dedicated group of spiritual people living in the Andes Mountains that communicated with many spirit beings. Today, most of the surviving Incas speak the ancient Quechuan language. Their music is quite special and many musicians have kept the traditions alive, dedicating their songs to Pachamama, the Quechuan name for Mother Earth.

The Quechuan tribes are at the root of what people are calling the Amazonian shamans.

The Amazonian Shamans

On the east side of the Andes are the tropical rainforests of the Amazon basin. The Incas (and specifically Quechua tribes) learned to speak with the plants and animals. The spirits of nature communicated through visions, colors and patterns. The medicine people of the tribes received information from the nature spirits as to how to cure diseases and treat infections, and how to expand consciousness through the use of various plant medicines (including ayahuasca, San Pedro cactus, psilocybin mushrooms, and others).

While many modern-day shamans appear to abuse the plant medicine by taking it excessively, others are fully dedicated to using the medicines as sacraments, meaning in a respectful way that allows doorways to higher perception to be temporarily opened. Sacraments are not substitutes for working on the ego, practicing meditation or being committed to a spiritual path. They simply serve as catalysts when used properly and with respect.

The purpose of any catalyst is to trigger awakening, and the plant medicines are able to do that for many souls. Once the trigger is applied, however, it is up to the individual to use the boost from the sacrament to do the hard work of growing and evolving. In this sense, the sacrament is like a dangling carrot, something to spur motivation in the right direction.

The destruction of almost half the Amazon basin by greedy imperialists wanting to extract oil, raise cattle or grow cash crops that nature never intended to have in that region, is a serious problem. Some environmental companies have found cash crops that do not require destroying the plant life and are encouraging the natives to do the same.

At the time of this writing, parts of Brazil were in a serious drought, and this channel's spirit guides have told him that a major reason for this drought is the cutting down of the rainforest.

Other Tribes in South America

We have not talked about the southern half of the continent, and certainly there were various tribes that evolved there over the past 100,000 years, again mostly from Pleiadean and Orion sources. However, as we stated before, there have been 23 different star races interacting with humanity in the last 10 million years, so you will find exotic hybrid varieties of humans in parts of the southern half (below the tropic of Capricorn) that correspond to some of these other star systems. Perhaps we will take more about these tribes in another book.

The Australian and New Zealand Tribes

The Aborigine, Maori and South Pacific Island Peoples

The Aborigines are almost exclusively Andromedan, having had very little interbreeding with other tribes. Australia, their homeland, has been mostly desert for a very long time, unlike other areas that were once more tropical than they are today. That said, the northern third of Australia has many tropical areas and the tribes there are more diversified than those of the southern two-thirds.

The majority of Aborigines therefore have a long history of being desert dwellers in a hot and dry climate. A large percentage of the invaders from other star systems do not like hot and dry weather (with the exception of the Sirians who settled in Egypt and the Middle East). This, combined with the relative remoteness of Australia, assisted the Aborigines in being relatively unbothered by hostile forces. At least until the British came a few hundred years ago.

Aboriginal customs include the honoring of the sacredness of plants and animals even when they are used for food. Many Aboriginal elders would offer prayers and ceremonies before taking the life of a kangaroo (the most common large animal in the area). The more visionary members of the tribe would telepathically ask permission before taking the life of any creature (or even plant in some cases). The Aborigines formed a tight bond with the elemental spirits (faeries, devas, nature spirits, etc.) and were given instruction on how to plant their crops and when to hunt. They were advised when storms were coming and how to prepare. This assisted them greatly in overcoming the harshness of the climate in Australia's outback.

The Maori people of New Zealand were quite different than the Aborigines. They were primarily Lemurians who resettled in what was left of the continent after the upheavals began to subside. Today they are scattered throughout Indonesia and New Zealand. They are hybrids of the Pleiadeans and Andromedans, for the most part, but some are infused with Orion and Sirian DNA as well. They have always been a relatively peaceful tribe and today is no exception (although they have encountered some conflicts with the British and other foreigners who moved into these regions).

You will find music, dance and theatre very important to the Maori people (and most South Pacific tribes). This goes back to the time of Lemuria, and many still have legends that parallel the stories told to tribes in the more northern countries (although very few physical connections ever existed between the tribes of the northern and southern hemispheres).

Today New Zealand is struggling to define itself. Many consider it to be an eco-utopia, banning migration and wanting to keep a simple lifestyle and low population, but the reality is quite different. Severe over-grazing of sheep and slash burning have decimated all but a few coastal forests, and many waterways are heavily polluted. We would not say that New Zealanders are less environmentally conscious than others, but just that their two islands are very fragile ecosystems and it does not take much of an imbalance to cause problems.

Let us now turn our attention to the more recent effects of ET intervention and how the history of Earth is affecting our modern-day societies.

CHAPTER 9 — Lab Rats

Although humankind is descended from seventh density Divine essence, we have basically lost our way time after time, falling farther and farther into the lower dimensions.

It is perhaps not fair to think of human beings as laboratory specimens, yet many not-so-enlightened ET groups view us in a similar fashion to the way our scientists might view insects under a microscope.

The Founders, who created and engineered the human DNA, only conducted experiments if they felt such would benefit the evolving races on Earth. However, the reasons for studying humans in a laboratory are many, depending on the motivation of the group conducting the research.

Sometimes the purpose of such activities is noble, but the means are not. Think of cancer research using rats and mice. Groups of these rodents may be injected with cancer-causing substances in order to better understand the pathways and course of the disease. Yes, some ETs have used humans in a similar way.

Other groups have come to the conclusion that they need certain attributes and characteristics of human DNA and have sought to extract those attributes from live human donors, using the form of abductions.

Unfortunately, many groups do not fully understand human free will, having relinquished their own many aeons ago (sometimes through their own free will choice if that makes any sense). In other words, souls from Earth and other places have the free will to give up their freedom, either consciously or through ignorance.

Many ETs do not have emotions in the way that we do and they don't understand the pain we feel when we are being experimented on.

Still other subgroups of humans are incarnates of the species doing the testing and agreed, prior to coming into this life, to be specimens in the laboratory, though most of them do not remember making this agreement and their egos are horrified to be taking part in this.

The Further Fall of Humankind through Genetic Experimentation

Manipulation by the Dark Dracos, Sirians and Orions

These three groups of extraterrestrials have always wanted to control and enslave the masses of humanity, each for their own specific reasons. Whenever possible they have devised ways to keep humanity ignorant of their true origins.

There are several ways they have accomplished this, each with varying degrees of success. The dark Orions, for instance, came up with their own version of the frequency fence, designed not only to keep humanity from traveling the stars, but also to dampen the psychic and intuitive abilities of those evolving on Earth.

The Orions are also the architects of electronic and etheric implants, devices inserted under the skin or in the aura of humans to prevent them from developing their higher abilities. A great many souls, including most of the lightworkers, received implants many thousands of years ago when they attempted to overcome the control mechanisms that had been put in place.

Even if you did not receive an implant while on Earth, you probably had at least one lifetime in the Orion star system back before the peace treaties were signed. It was common practice to insert implants into the Orion soldiers to keep them mind controlled as killing machines.

Today on Earth, there are descendents of the dark Orions continuing this practice, mainly through the military or secret black operational groups (“black ops”), special forces, espionage units and occult societies (through the practice of black magic). Basically, if they see you as a threat to the fulfillment of their agenda, you might be targeted. Remember, however, that in order to be the focus of a negative attack, you must have something within your consciousness to attract that experience.

The Andromedans, Zetas and Hybrid Races (Essassani, Hathors, etc.)

Andromedan Intervention

There have been several species of Andromedans who have visited Earth, mostly during the past 100,000 years. Many of these groups only took an interest in what was happening here after the first atomic tests in the 1940s. In the 40s and 50s, a large increase in sightings of spacecraft was reported as beings from various star systems came to see what was happening.

Nuclear disasters like those that took place on Mars and Maldek affect not just the planet of origin, but all the neighboring planets and in fact, this whole sector of the galaxy. Since 1950, a dispensation was issued prohibiting human beings from blowing up the Earth or making it completely uninhabitable.

Groups such as the Andromedans, as well as the Pleiadeans and Arcturians, are here to ensure that does not happen.

Even today there are numerous reports of spacecraft hovering above missile silos, causing malfunctions with military computer equipment. You need to understand that from the perspective of advanced technology, interfering with launch codes and computer programs is elemental, easy for an advanced race.

Notwithstanding the “collateral damage” to nearby planets, why are the matters on Earth of such great importance to beings elsewhere? First of all, from a physical standpoint, the electromagnetic field is disrupted during nuclear war. When Maldek exploded, it altered the orbit and atmosphere of both Mars and Earth, dramatically increasing earthquakes and changing the climate on both planets. From a higher perspective, the energetic shock waves of such disruptions permeate all the space in this sector of the galaxy, especially when souls are suddenly disincarnated and start wandering around the astral and etheric planes, lost and confused, in some cases not even knowing what happened or where and why they are there in this state.

Large influxes of beings from higher planes were dispatched to help with souls transitioning out of their bodies during those mishaps. While some higher beings anticipated what was going to happen and were already in place, many thousands came from other star systems to be of assistance. This obviously took a great deal of time and energy away from other projects going on in these other worlds.

The biggest reason for the intervention is because higher beings have unconditional love for humanity and care greatly about the well-being of humans, and have been given authorization to interfere when the entire planet is threatened.

Life In Our Solar System Today

There is physical life, from time to time, in underground bases on Mars, depending on which third or fourth density race is making use of the facilities there. In addition, there are bases on the dark side of Earth's moon, inside the moons of Mars and several of the moons in Jupiter, Saturn, Uranus and Neptune. Some of these were created for use a long time ago and then abandoned, while others are still in use. Some of the star races using these bases include the Dracos, Zetas and Andromedans. The base on the dark side of the moon is also used by government black operations of various countries on Earth.

(You might ask, "How do secret space missions escape the watchful eye of the media and amateur astronomers?" It's quite easy, really. Many secret governments have cloaking devices they can activate around a spacecraft in order to give the impression it has been lost or "destroyed." Typically, a few days before launch, the public relations arm of a space agency will receive orders to announce a test-firing of a satellite, missile or rocket, complete with auto-destruct capabilities. While most souls on Earth will believe the vessel has been destroyed shortly after leaving Earth's atmosphere, it will continue on to its destination. Currently, very few astronomers have the ability to track rockets once they reach a certain height above Earth, and those astronomers that do are heavily ridiculed if they come forth with their information.)

In addition to physical life in the solar system, there are etheric civilizations on Venus, Jupiter and Saturn, and etheric bases on Uranus and Neptune. These beings range from 5th to 7th densities, and would appear to humans much like angels and archangels — entities filled with light, but having a humanoid form.

The spiritual government for this solar system is headquartered in the celestial realms (seventh density) of Saturn and is known by certain Confederation members as the "Saturn Tribunals."

All these groups are aware of the situation on Earth and many have authorization to intervene in the affairs of humanity if it looks as though activities here will have a negative impact on other regions of the solar system.

The Orion Peace Treaty and How it Affected Earth

When the Orion peace treaty was signed and the wars between the various planets, including Betelgeuse and Rigel, were terminated, not all of the Orions wanted peace. Some continued to ignore the peace treaty and waged regional wars between themselves. Many of these "laggard" souls were arrested and sent to Earth as punishment for their crimes, making Earth in a sense, a penal colony.

Because there were no restrictions on who could incarnate on Earth, beings from various dark systems also came here through the birth process.

A large percentage of Earth's current population is here as a direct or indirect result of the "laggard" souls being sent because their home worlds no longer wanted them. Whether it was an intelligent decision to send them to Earth or not, here they are, in many cases making mayhem and causing disturbance for the more peaceful and enlightened members of the human race.

Beings from the Galactic Confederation were dispatched to oversee and monitor the activities of the "laggard" souls and to make sure they did not violate the free will of humans wishing to live peacefully on the Earth.

Highly evolved beings were tasked with determining whether a particular intervention

constituted a true violation or was within the realm of what particular souls wanted to learn. In other words, sometimes when a human being is abducted or killed in war or some other traumatic experience happens, it is with the agreement of that soul, and sometimes it is not.

If souls have learned everything they want to learn about being abducted or killed in war, or being oppressed and controlled by other souls, then it is a violation of their free will to continue subjecting them to these hostile environments. That, in essence, is why the Confederation and others (including many of the Andromedans) are here to help.

Not all Andromedans are charitable good Samaritans. Some have a Messiah complex like the Sirians, or are here to exploit Earth's natural resources, or worse, want to control humanity in a manner similar to the Dracos. A couple of Andromedan groups have teamed up with the Zetas and have been helping them carry out their mission of creating a hybrid race. Abductees have often reported more than one ET race being present during their time aboard the Zeta spacecraft.

The Reptilian Influence

There is some confusion when people use the word "reptilian" to describe the meddling of ETs in human affairs. There are humanoids from all over this region of the galaxy who resemble, in some ways, reptiles. Some have green, scaly skin, others have vertical slits in the pupils of their eyes, some have (believe it or not) tails, while others are more serpentine, with slender bodies having multiple vertebrate systems.

A few hybrids, involving the Type 2 Zeta Reticulins (aka "greys") are frequently seen by abductees as having a lizard-like appearance. One hybrid race from the Rigel star system also has a reptilian-like look. This race has been documented in so-called "top secret" government black ops reports.

You could say, from a genetic perspective, that there are more hybrids than original DNA patterns in this sector of the cosmos. So it is difficult to properly categorize all the various blends of extraterrestrial DNA infused into the various races. (Our table back in Chapter 3 attempted to make these distinctions.)

We will say that most of the reptilian races have been malevolent, at least as far as humans are concerned. If humans somehow become involved in their experiments or operations, it is probably not because of the unconditional love the reptilians have for humanity. There is always an agenda and most of the time it is to exercise control over the humans, "harvesting" them for their own selfish purposes.

Keep in mind that the majority of you reading this have evolved beyond the level of consciousness that would or could create something like this happening to you, but you probably know someone, perhaps a family member or friend of a friend, that has been through an abduction or negative ET experience.

The Orion/Reptilian Alliance

Various ET groups will form alliances when it is in their best interests to do so and the dark Orions are no exception. In fact, one such alliance is between different species that both come from the Rigel star system.

Today, one of the top groups hell-bent on being the supreme overlords of Earth, meaning that they are vying for control of the top of the Illuminati pyramid, is an alliance between humanoid Orions and reptilian Orions. In general, they are at war with the Sirian/Annunaki and Draco/Zeta alliances (to be described later).

The primary vehicle of this control is through occult groups and secret societies, using various forms of mind control and manipulation. They often interact with top generals in the military or special operations (black ops), and they exercise their mind control techniques on the more militaristic members of the world's governments, especially those tasked with such things as "ethnic cleansing."

The types of humans they like to work with include what are typically called "sociopaths" or "psychopaths" because these humans have little or no remorse for what they are convinced to do. A general or military commander, for example, might be influenced by the Orions/Reptilians to wage war on a group of people, and these generals may be brainwashed to see that group as sub-human or not worthy of being treated like human beings.

Returning to the subject of lab rats, the Orion/Reptilian alliance has been one of the main forces behind the automation (creating robots and androids) of human beings, to breed their emotions out of them, making them more effective killing machines. Keep in mind that the Orions have a deep ancestral history of being bred to be cold-hearted military monsters, and those who have not worked through this karma are still involved in similar operations, this time on Earth.

The "Star Wars" mentality, especially involving human-machine combinations, and the rash of movies and cultural phenomenon all involving a blend of humans and machines, originates within the Orion mind-set. One of the film companies involved in dramas featuring robots and androids is even called "Orion Pictures."

Their goal is to mechanize humans to be efficient killers and controllers of the more troublesome, emotional humans who are not easily mind-controlled.

If you have evolved beyond a level 4.00 consciousness, you really do not need to worry about the Orion/Reptilian alliance, as you do not have enough fear and anger to be considered "worthy" of their attention. This does not mean you will not encounter some of their group, or at least other human beings who are being controlled by them. If you do encounter such energy, do not resist it or otherwise engage in the negative emotions associated with these beings. Just send love and continue working on your own negative emotions so that you do not become food for their warring appetites.

This is not to say you should be a pacifist. While there is a time and place for non-resistance, you still need to properly defend yourself and use psychic and spiritual protection techniques. Unless you are well beyond level 5.00 consciousness, you might still be called on to stand up to energetic bullies and even engage them on occasion. Learning martial arts might be to your advantage if you are having trouble releasing your fears.

The Draco/Zeta Alliance

Some factions of the Zetas have been allied with the Dracos for the past 50 years or so. While the majority of Zetas were concerned with extracting human DNA in order to save their race, some of the more renegade factions became preoccupied with exploiting the Earth and her resources (including human labor). When the Dracos saw what these Zetas were doing, they offered to help in return for assistance with their own agenda of world domination.

A few abductees have reported tall slender serpentine type beings working with the greys, in addition to the tall blue Andromedans. Like human alliances between countries, ETs can come together in various combinations, depending on their level of shared goals and agendas.

Although the Draco/Zeta alliance helped the Dracos more effectively interface with the Earth, the Galactic Confederation and others have been carefully monitoring them to make sure they do

not exert too much influence over humanity, thus violating the non-proliferation treaty that keeps various groups from dominating the Earth.

As with the Orion/Reptilian alliance, the Draco/Zeta factions are heavily involved in the military hierarchies, royalty (monarchs) and so-called “leaders” of various countries, promoting war and lust for power. They feed off the energies of cravings and material desires.

The Sirian Annunaki Today

The Sirians from Sirius A, B and C have come together many times to form alliances for the purpose of controlling and enslaving humanity. While many of the beings from Sirius A have moved into a more enlightened state and are actively helping humanity, about 40% are still stuck in their egos and are frequently approached by their less-enlightened brethren from Sirius B and C.

With Nibiru scheduled to make an appearance in 2030 (and stay within the confines of the solar system for about 30 years), the Annunaki on Earth are busy preparing to ramp up their activities in anticipation of reinforcements for their world domination agenda. What they are not counting on is the rapid rise in the Earth’s composite frequency, which is already causing problems for some of the darker Sirians.

The more enlightened groups on Nibiru have been telepathically communicating with their channels on Earth in an attempt to move more dark Sirians to the light and get them to join the enlightened Sirians here.

A significant amount of the technology currently in use on Earth can be traced to the various Sirian groups, including RFID programs and the attempt to implement a cashless society based on digital credit. As mentioned previously, the banking cartels are largely composed of Sirian Annunaki, as well as the heads of many large corporations. With the help of the Orions and Dracos, the Sirians are attempting to implement a police state in the USA and other countries by gradually taking away the rights of the people. Remember the frog in the boiling water analogy?

More on the Frequency Fence and Quarantine of Earth

Over the next several years, the frequency fence is going to be dismantled. This decision was made by the Galactic Confederation and is based on the advantages and disadvantages of having a barrier in place. At this point, the dark forces have maximized their presence on Earth and will soon be losing power noticeably. The rising frequency of Earth, coupled with the necessity of more direct communication with the Galactic Confederation and other benevolent star groups, make it necessary to begin dismantling the frequency fence. In fact, the process of tearing down the barrier has already begun. Within the next several years, many human beings can expect to reap the rewards of this decision through enhanced psychic and intuitive functioning and easier access to spirit guides and ET helpers.

This is a bright spot in the ongoing drama on Earth, and there will be many more positive developments in the coming years. Before we start celebrating, however, there is a lot of work to be done to clear and purge the Earth of negativity. Let’s take a closer and deeper look at the current situation on Earth. This is NOT a sugar-coated analysis as you will see by reading the next section.

PART 4 — The World Today

CHAPTER 10 — The Dark Side Agenda

Some of you would probably prefer to skip this section of the book, claiming that it is too negative. “Why should I focus on the negative when I really need to embrace the positive?” you might ask. This is a good question, worthy of a careful and clear answer.

In the higher realms, the concepts of light and dark are meaningless, but here on Earth, you have basically two energies — those which support and encourage soul growth, happiness and well-being, and those that do not. By definition, anything or anyone who seeks to impede or obstruct the natural evolution and enlightenment of the soul is considered to be negative. Any system of thought or activity that makes it harder for the soul to be aware of itself as a perfect and infinite creation of God must therefore be of a dark persuasion. While darkness is ultimately not real, it seems very real on Earth, and for that reason, must be dealt with in a healthy and rational way.

The rational approach to healing involves being aware, accurately, of the problem and then looking outside the problem for solutions. For example, if the ego is part of the problem, then we should not look to the ego for a solution. If government is part of the problem, we certainly should not believe that government is somehow going to fix the problem.

The first step in transcending darkness is understanding what it is, how it came about, its agenda, how it is going to react to us as we go through our growth and evolution — and more importantly, how we are going to react to it as we awaken.

It all comes down to our self-image. Who we think we are is going to determine how we react or respond to darkness. This is why we have included the chapters following this section. It would hardly be constructive to go into a detailed description of the darkness without giving the means to transcend it. That said, let us detail the mechanics of darkness on Earth, along with exposing who is behind what. Care is being taken not to duplicate too much of what is already available from other sources.

We already mentioned that there are three primary groups behind the dark agenda: (1) the dark Orions, (2) the dark Sirians/Annunaki, and (3) the dark Dracos and their Zeta alliances. Below, we have detailed some of the structures utilized in this plan to control planet Earth.

Control of the Media and Education

The first pillar of the dark agenda is to control the way information is conveyed to the masses. The two primary instruments of indoctrination are the media and educational systems.

As of the time of this writing, about 300 individuals who control the majority of the wealth of the world (through their families and companies) were behind the six or seven major media outlets. You can follow the money trail and corporate reports to find most of this information yourself. We will give one example here: News Corporation, owned by Rupert Murdoch, a dark lord, controls over half the media in Australia, somewhere around one-fourth to one-half in the

United Kingdom, and up to one-fourth in the United States. Among its numerous subsidiaries are the Fox Broadcasting Company and The Wall Street Journal.

The propaganda given forth by these entities consists not necessarily in outright lies and false information, but rather, selective reporting. Certain news stories are emphasized if the knowledge helps maintain the status quo or enriches the investors in these corporations, while other stories are censored or ignored, especially if they run counter to the philosophy of the dark lords.

In general, the main objective of the media giants is to engender fear and powerlessness in the masses, as well as to sell advertising and promote their products. If you examine the leading stories given by these organizations, you will see fear, violence and victimhood at the top of the list. Rarely will you see anything empowering or that questions the status quo.

Education falls into a similar predicament. Most educational institutions are “regulated” by government (a subject we will cover shortly). The purpose of state-sanctioned education is to prepare people to fit into the present system, to become dutiful and loyal workers to support the status quo.

Souls are given sanitized versions of history that support the aims and goals of the puppet masters. Science is a good example. A true scientist remains unbiased and neutral while researching a given subject. He does not “sell out” to corporate bidders, or stop a line of research because the “powers that be” will not finance it. In reality, it might be very difficult for a scientist to support himself financially if he does not sell out, but those who only pursue subjects that are funded by the status quo cannot call themselves true scientists. What if they discover a method or system that makes the status quo obsolete? What are they going to do?

This book is a good example of what the mainstream media goes to great length to dismiss or even ridicule. If the material herein comes to their attention, they may at first dismiss it, or consider the author to be crazy, perhaps imagining him wearing a tin foil hat or the clothes of a circus clown.

Some are quick to hide behind scientific jargon and rigorous testing procedures. While some of these methods are useful, such as gathering evidence, investigating, forming and testing hypotheses, etc., there is still a cultural bias in place and a human tendency to dismiss things that fall too far outside the official party line of reasoning.

A good place to apply the principles of critical thinking would be in the axiom, “Follow the money.” Related to this is the asking of pertinent questions: “Who stands to benefit from promoting this point of view? What is the motivation of the authors to release this information? What do they hope to accomplish by emphasizing certain facts over others and conveniently ignoring those aspects of reality that force them out of their comfort zones?”

Nowhere is censorship in the media more apparent than in military operations. This brings us to the next topic of discussion.

Financing War: Divide and Conquer

The way the so-called powers that be maintain their illusion of power is through the principle of “divide and conquer.” Render your “enemy” relatively powerless by dividing and dissecting as many aspects and factions of the enemy’s army as possible. In the case of the so-called powerful, the enemy is anyone who might desire to take that power away from them. In the case of the elite versus the masses, if you give the masses too much power, they might find the means to overthrow your system of control.

One of the best ways to control the masses is by getting them to support military adventures

that consolidate power and financial wealth into the hands of the puppet masters. From a military point of view, getting various factions within a country or region to go to war with each other prevents such country or region from organizing and unifying itself sufficiently to overthrow those who are pulling the strings behind the scenes.

In almost every case, the puppet masters (the elite) are financing both sides of the unending wars that are started and maintained to keep the status quo in place. An example of this can be found in the recent “rise” of the Islamic State, commonly known as ISIS or ISIL. A very brief investigation clearly shows certain major countries financing both sides in this conflict. This was also true in the world wars and numerous smaller conflicts throughout history. For example, there were Germans supporting the Jews, and Jews supporting the Germans in WWII. The countries manufacturing the weapons were suppliers to the Nazi regime, along with the so-called western allies. This is a matter of documented facts, if one cares to investigate.

The average human being does not want war. In fact, 75% of the populace, if allowed to voice their concerns, opposes going to war. This channel once said that the sons and daughters of the elite, if not the elite themselves, should be the ones on the battlefield, and not ordinary people who are financially desperate or are conned into joining the military because it is such an “honor” to do so.

Can you imagine your presidents and prime ministers with swords and guns in their hands, battling face to face? Better yet, how about the bankers and corporate executives? How about the Orions, Sirians and Dracos?

When examining the dynamics of a particular military conflict, always ask yourself, “Who benefits?”

From a spiritual perspective, you want to heal all the warring places inside your own being. By resolving inner conflict, you no longer contribute to outer conflict.

This comes back to the idea that if you want to avoid attracting negative beings and situations to yourself, you must remove negative thoughts and feelings from your consciousness. Remember the hungry wolf at the back door analogy. As long as you continue feeding him, he will come around. As long as you keep feeding fear and anger within yourself, you will attract negative thoughts, energies or beings who feed off fear.

Refuse to buy into the fearmongering and warmongering that is part of almost every governmental propaganda campaign. The so-called powers that be want you to be in fear. They want to make you angry. They feed off these emotions. They are like parasites, or even vampires. Choose not to be a part of their macabre game. If nobody signs up for the military because they realize the lies behind it, the world will move toward peace.

This is not to say that a country should not have the means to defend itself, but we are not talking about defense. We are discussing the deliberate invocation of war in order to maximize profits for weapons dealers and to satisfy the endless cravings that the dark lords have for violence and misery.

Send love and compassion to all the misguided souls who insist on waging war, conjuring up enemies whether real or fabricated, and diverting huge portions of the resources of countries and their people to finance multibillion dollar warplanes, missiles and ammunition stockpiles. Keep sending them love and compassion until you break through the barriers of fear and lust for power and control. Do not feed them fear and anger. Resolve those feelings within yourself, using the methods given in this book and numerous others.

Astral Possession: Feeding Off Negative Emotions

Let us look a bit more deeply at the astral planes of Earth and how they influence humanity. We will also give further details on how to be free of negative astral influences.

This channel has observed a large number of people who imagine themselves to be possessed, attacked or otherwise affected by negative astral entities. In a portion of these people, there appears to be actual interaction with negative beings (in 10 to 20 percent of the reported cases). However, the majority of clients who feel they are possessed or controlled by astral entities are being deceived by their own subconscious minds, or are over-reacting to the negative thoughts and feelings of family and friends. In some cases, they are simply too sensitive and are picking up the negative thoughts and feelings of the billions who are suffering around the world.

Regardless of whether or not the attacks are real, the solution is the same. Seek out and find all the negative belief systems, thoughts and emotions that are buried in your subconscious mind. This requires self-examination and dedication to watching and observing your consciousness, as well as applying those healing and therapy techniques that are right for you. In other words, getting free usually requires doing some intensive, difficult work on your own being.

You already have lots of help before you turn to a psychotherapist, counselor or healer. There are millions of beings in the higher realms waiting to assist you. But you must ask for their help and become open and receptive to it.

How Do You Tell If You Are Being Influenced By Negative Beings?

If you are clairvoyant, you can tell by the appearance of a person's aura and chakras. Each form of negativity has its own specific characteristics that can be seen clairvoyantly. However, most of you have not yet developed your clairvoyant abilities and so it is wise to get multiple opinions from psychics and healers. In the event this is not feasible, we are giving a few suggestions in this book.

Inner voices can be both positive and negative. If negative, they may be projections of your own mind, or entities. If they are projections of your subconscious, they will usually have a limited perception and highly specialized form of communication. If you ask a subconscious voice (personality) a complicated spiritual question, you will usually not get a satisfactory answer.

Subpersonalities are often juvenile, meaning that they have a young age and behavior pattern to them. For example, you might have an inner cynic that is 13 or 14 years old. This inner child self might react angrily to certain things in the world, always in a predictable way that might resemble a young teenager arguing or throwing a temper tantrum.

Inner personalities are usually triggered by predictable outer situations, such as being criticized by someone in a position of authority, or upon being unable to figure out a complex task. If you go back into your past, you will likely see where these personalities were formed and how they attempt to solve your problems, but inadequately.

Negative entities, on the other hand, may or may not show up during events that typically trigger subpersonalities. They might pop in unexpectedly at any time, without provocation. You might suddenly feel cold, or have shivers down your spine. You might feel trapped or suffocated. Emotions might arise in you that seem to have very little to do with the situation you are facing. Real entities may be able to answer complex spiritual questions and might evoke certain emotions while doing so.

There are various psychic and spiritual protection tools you can use to cast out negative entities. These will usually work right away unless you have a karmic connection with an invading entity. We went into great detail on these matters in previous writings, so you are

encouraged to review the books that came before this one for a more detailed description of how to deal with negative entities.

For this book, we will simply list the types of entities and their likely mode and reason for visitation.

a.) Deceased family members

These are the most common types of visitations by entities. Usually deceased family members have a blend of positive and negative energies. They may or may not have unresolved karma with the souls they visit. If they died suddenly, they may not even realize they have left their bodies and are expecting to engage in normal conversation. The best procedure for dealing with deceased family members is to send them love and forgiveness, and then move them into the light by visualizing a column of God's unconditionally loving golden light filling them and lifting them into the heavens. Deceased family members will usually appear in visions much like a healthy and vibrant version of what they looked like before they departed the Earth plane. If you are not clairvoyant but can feel their energy, they will likely seem to have the same emotions and characteristics that you remember in them when they were alive.

b.) Wandering astral entities

These are fragmented souls that are unable to ascend back into the higher realms and are lost in the astral planes. They are attracted to your light and want to have some of it, or if they are a bit more enlightened, just want you to help them. They might try to attach themselves to your aura, in which case you may feel a sudden loss of energy as they come close to you. The way to deal with them is simple. Send them lots of love, compassion and forgiveness, and send them into the light. Surround yourself with God's golden, radiant, loving light before, during and after a visitation from wandering entities.

c.) Negative extraterrestrials who are parasites

These are beings who have learned how to access the astral planes and are attempting to siphon energy from human beings for their own selfish purposes. They are energy vampires and need to be removed immediately as soon as you become aware of them.

Begin by invoking brilliant white light and filling your aura and chakras. Then push the white light outward in all directions from your being while commanding them to be gone. After a couple of minutes, return to using golden light. A good command takes the following form:

IN THE NAME OF ALMIGHTY GOD, I COMMAND YOU TO BE GONE
FROM MY SPACE. GO TO THE LIGHT. AMEN.

d.) Intentional attacks from negative extraterrestrials

These are beings who, for whatever reason, consider you a threat to their well-being or their agenda, or they were sent by a group of dark lords specifically to prevent you from doing your lightwork. If you are well-known and have demonstrated a lot of spiritual power, or are targeting the foundations and structures of the dark side, or are somehow on the radar screen of their fears, they may mount a psychic attack on you. In this case, the beings involved will usually send dark daggers of black energy into your aura and chakras. Use brilliant white light to repel them. Push the white light out in all directions from your body and aura for several minutes, and then change to surrounding yourself with golden light.

e.) Black magic from human enemies or jealous loved ones

This is another common phenomenon reported by numerous clients, although about 80% of the imagined attacks are deception by the subconscious mind. Only a few people know how to use black magic effectively enough to adversely affect you from somewhere else in the world, or through dimensions of time and space. The images are the same as with intentional attacks, including black daggers going perpendicularly into the aura and chakras. However, instead of astral entities, you are dealing with the negative thought forms of living human beings who are intentionally trying to harm you or damage your energy field. Use the brilliant white light technique given above to repel them.

The Illuminati and the New World Order

The Orions, Sirians and Dracos, with their various alliances and related groups, have programmed the vast majority of humans to view themselves as helpless pawns, manipulated and controlled by a few wealthy individuals who run the financial and political systems of the world. These individuals, with their extreme lust for power and control over others (as compensation for their deep-seated belief in guilt, sin and inadequacy), have been controlled from the mental and astral planes by these extraterrestrial groups mentioned above, into establishing what they call a New World Order, which really means a system whereby they can exert even greater manipulation and control.

For reasons given earlier, the ET groups themselves cannot openly operate on the surface of the planet except in rare cases and they do not want to get caught in the various energies of the Earth plane, and so they prefer to control humans through their thoughts, beliefs and astral energetic patterns.

In some cases, they engage in full possession. In other words, they attach themselves energetically to a particular human and then slowly (or not so slowly) take over the consciousness of that soul. In reality, they push aside the soul who originally belonged to that body and “walk in” to the space vacated by that soul. In the book, *“Soul Integration,”* we go into great detail on the relationship between souls and bodies, and how there are various levels of possession and soul transfer. For now, we will use the simple idea that most world leaders are possessed or controlled by negative extraterrestrials from the aforementioned star systems, either through soul transfer, soul-cohabitation or simple astral possession.

Originally the Illuminati was a group of enlightened souls who wished to exert their influence in a positive way upon humanity. They were the visionaries, seers, oracles, mystics, sages,

priests, magicians, gurus, avatars, and learned professionals in philosophy, economics, politics, religion, etc.

They wanted to create a return to paradise based on higher Divine principles. They studied the occult sciences, metaphysics, cosmology, parapsychology and magic. Because they had not healed their Original Cause issues and were not the masters of their egos, they let this sense of power that comes from having knowledge and wisdom go to their head. Being mostly head-oriented leaders, they ignored or overrode the heart (their centers of love and compassion). They developed their solar plexus chakra (the center of power and personal will) but did not have this power tempered with the love of the heart.

This imbalance led to identification with the ego, or at least failure to recognize when the ego began taking control. As the souls in the illuminated organizations rose in rank through the hierarchical structure, they began seeing themselves as better than those who had a lower rank. This comparison and judgment was subtle at first, but eventually led to conflict and dissension within the ranks of each organization. Nevertheless the leaders formed alliances and consolidated their power over the common people. One thing they all had in common was a disdain for the so-called “ordinary” soul. Believing themselves to be special, God’s “chosen ones,” they formed and passed laws that benefited and elevated themselves above the masses.

They used the principles of light and dark magic to control and manipulate energy, and then used it against the unsuspecting souls who held the more minor positions of authority within the society (such as police, military subordinates, local government, academic teachers, etc.)

Dark magic requires a degree of secrecy in order to be effective (as is the case in all dark systems, by definition). As soon as the light of truth shines upon a dark system, it begins to unravel. So the Illuminati maintains its illusion of power through a network of secret societies, some well known and some obscure.

One branch (covered earlier) is the Bavarian Illuminati, founded by Adam Weiskopf; another involves the Freemasons and their various branches. The mystery schools of ancient Egypt also played a part in the evolution of the Illuminati. Many luminaries were affiliated with multiple branches of secret societies, including Manly P. Hall, Aleister Crowley, Helena Blavatsky, and others.

These souls were generally more light than dark, but still had unresolved issues within themselves that made them prone to dark influences by the Orions, Sirians and Dracos.

The Banking and Financial System

The negatively-oriented members within the Illuminati came up with various mechanisms for controlling the masses within a given segment of society. The most effective means of control involved the monetary system. At first, the wealthy elite made their money through passing down land and buildings from within their bloodlines, but in time they devised ways of earning a profit from the keeping of material assets; i.e., the banks.

In the early days, banks charged simple interest or direct fees for their services and made a reasonable and tidy sum from rendering such services. The math is simple: If one million people deposit \$1,000 at 10% simple interest annually, the bank pays out 100 million over the course of a year (if the people withdraw their money — otherwise the payout is virtual, or on a ledger only). This is obviously not how banks make money. The profit comes from making loans. In the old days, banks loaned real assets, meaning money they already had, usually in silver or gold certificates. Now, if the bank charged 15% interest on every \$1,000 borrowed, and one million

people borrowed money, you can see that the bank is receiving an income of 115 million for each 100 million in obligations. The bank has therefore made a gross profit of 15 million. (After paying taxes, salaries, operating expenses, etc., the net profit is obviously much less.)

A well organized and well run bank operating on simple interest could indeed make some money, but only if there were more borrowers than savers, and only if the sums borrowed were significant. The incidental fees charged for basic services did not amount to enough to pay the salaries of bankers much above a modest level.

Since the dark ones controlling the bankers feed on feelings of greed and lust for power, they implanted within the minds of the bankers many great ideas on how to extract more money (and hence more power) from the system. Compound interest was born. Now the debt of the borrowers was compounded and grew exponentially the longer the duration of the loan. A person borrowing \$1,000 and taking ten years to pay it off would pay almost twice the original loan (depending on the method of amortization, etc.). If one million people took out 10-year loans at 10% compounded interest, the bank could conceivably make almost one billion in profit.

Compound interest also worked on savings, but those in power quickly realized that there would be more debtors than savers if they could convince people to go into debt by financing major purchases. Thus was born the era of consumerism, the modern times of people living beyond their means. People were encouraged to borrow to make major purchases and then along came credit cards — essentially instant loans.

This was still not enough for the unending greed and unquenched cravings within the minds of the bankers, fueled by energies from the negative ETs. They devised the fractional reserve system and central banking, the final linchpin in the system of control. Now it was no longer necessary to lend from existing reserves, but a bank could have just a fraction (usually about 10%) in hard assets and essentially create money out of thin air in a bank ledger each time a borrower came knocking at the door. These virtual funds were then available as investments to widen the scheme into the greater marketplace.

We will not explain the mechanics of fractional reserve banking, since you can find that information in a wide range of places. Suffice to say that now a bank could have paper assets up to 900% of actual physical assets, and could leverage those paper assets (conduct business with them) as if they were assets of real value. As an example, this “fictitious” money could be leveraged to acquire real estate and other tangible assets from borrowers who are unable to pay back their loans (resulting in bank repossession, foreclosure, etc.) Bank “ABC” could loan Mr. Smith one million dollars (backed by \$100,000 in actual assets), and then if Mr. Smith couldn’t pay back his loan, the bank could take his property valued at one million dollars, essentially making 900% profit (plus any interest payments previously made before the loan default).

Typically, a bank or financial agency calculates interest before principal. Let’s assume you take out a \$20,000 loan on a car and make payments for five years. During the first two or three years of the payment plan, you are paying almost entirely interest and very little principle. This is why borrowers who default after only a few years on a loan often “owe” almost the full value of the assets they originally purchased. Quite a scheme!

The biggest debtor (borrower) in most countries is the government of that country itself. Some countries owe trillions of dollars to their central banks (which are composed of a consortium of private banks “regulated” by governmental bodies). The word “regulated” is in quotes because the elected officials supposedly governing the central bank are beholden to special interests that often represent the best interests of the banking industry itself (among other corrupt industries, such as the pharmaceutical companies, a topic to be discussed next).

Can you see the potential for abuse within this system? All a banking official needs to do is enter a borrowed sum on a ledger (digitally in a computer) and then ensure that there are enough hard assets to satisfy the 10% fractional reserve requirement. Many banking companies pad their income and expense accounts when it suits them to do so, in some cases listing fictitious assets, or greatly inflating the value of those assets it possesses. Oh. There's that word "inflation." Funny that word should appear here. After all, with numerous loans floating around, where is all that money going to come from? You guessed it, the printing presses. And what happens to the "value" of printed money as more and more of it gets put into circulation? Right again, it gets devalued. And what is another name for devaluation of a currency? Bingo! Inflation.

Congratulations. You have just passed a course in Banking 101. How to make something from nothing (or almost nothing). You have probably heard of the bankers' version of the Golden Rule: "The one with the gold rules." In this case, the one with the power to print money rules. That would be the central bank, through its regulatory arm, the government, and its printing press, the treasury department.

Almost every country on planet Earth has a central bank, and if that's not enough, there are central banks of central banks, such as the World Bank, International Monetary Fund, Bank of International Settlements, etc.

According to well researched information, there are about 300 people who "own" or control these banking institutions and, therefore, 95% of the world's financial resources. Most of these people are controlled by negative entities who are pulling their strings, just as they pull the strings of the various governments they supposedly work for. You can find illustrations of the Illuminati financial pyramid in many books and articles on the Internet.

The Medical Monopoly

In the early days, medicine consisted of two entities: doctor and patient. Simple and effective. You came to the doctor, or the doctor came to you, then you paid cash for services rendered (and any medicines, whether or not effective), and you were done until the next visit.

Today, getting sick is big business. You have all sorts of middle persons each with their fingers in the financial pie. You have health maintenance organizations (HMOs), various insurance companies, doctor networks, pharmaceutical companies, lawyers, government regulators and agencies, trade and commerce people, advertisers, marketers, administrators, researchers, and of course, lobbyists to influence the decisions of lawmakers.

The Medical Scam

Nowhere is the dark agenda more easily seen than in the world of drugs and medicine, and especially in cancer research. There have been cures for cancer for over 100 years, even before cancer was a significant problem. It is obvious to anyone who cares to look deeply, that our modern lifestyle, stress, pollution, diet and belief systems are all contributing factors to cancer (along with a small percentage of genetic causes).

Cancer is caused by imbalances in the various subsystems of the physical body. It can be a diet that is too acidic, causing a pH imbalance in the body. It can be the endless additives to food; chemicals that the body does not recognize or know how to process. It can be exposure to radiation and industrial chemicals. However, the most significant cause of cancer is the suppression and repression of emotions. In the days before cancer was an epidemic, life was

simpler and there was time to feel and process emotions. Now most of us are so busy that we barely take time for ourselves (unless we have a meditation or yoga program or are working with a therapist). So to prevent the causes of cancer, we must heal our emotions (and the belief systems that give rise to them) and change our lifestyle to be more in harmony with the natural rhythms of the body.

Nevertheless, there have been cures for cancer¹ that have been suppressed, such as herbal remedies, radionics machines, electromagnetic devices, lifestyle regimens involving whole raw organic foods and various therapies designed to help release suppressed emotions.

Several cancer researchers who have had effective treatments were harassed or completely suppressed, in some cases with laboratory raids in the middle of the night, arrest and even murder. It is generally against the law to give medical advice that runs contrary to the “accepted” forms of cancer treatment, including highly toxic radiation and chemotherapy.

What about all the medications that permeate our culture today? I found out recently that the average 60-year-old person living in the western world takes an average of three to five medications every single day. A 65-year-old human being living in a “civilized” country averages more than six medications. Some of the pills and potions are taken to counteract the side-effects of other medications.

These pharmaceuticals are not cheap. Sometimes one pill can cost \$10 to \$20. Imagine spending \$50 per day on medication, as many people do. Of course, there are insurance plans that cover some of the cost, but these plans are not cheap.

In a lot of countries the cost of medical care is covered by governmental programs. As more and more people get sick and have complications to medication, the cost of taking care of people will continue to skyrocket, bankrupting many such countries.

Problems with Vaccines

When vaccines were first introduced, they were carefully prepared and well-researched. Some vaccines, such as for smallpox and polio, have been credited with essentially eradicating these illnesses. Unfortunately, the profit motive has crept in and severely compromised the safety and effectiveness of vaccines. Using preservatives such as mercury and aluminum that are known to cause major problems including Alzheimer’s and dementia, is at best irresponsible and at worst part of the depopulation agenda, the next topic to be explored.

Many doctors are ignorant of the safety problems with today’s vaccines, not to mention the erratic effectiveness of some of them. This year, it has been announced by the companies that make influenza vaccine (and the mainstream news as well) that for the most part, the vaccine is completely ineffective.

A lot of people have come down with flu symptoms from using this vaccine that are actually worse than the typical bout of the disease itself.

Other vaccines and preventive medications, such as Gardasil, should never have been approved in the first place, having been shown conclusively to cause the deaths of teenage girls.

The percentage of side effects of vaccines has been steadily increasing in the last two or three decades. This is probably due in part to the multi-stage approach (giving multiple vaccines in each injection that often conflict with each other in the body’s system), as well as the sheer number of vaccines that are often required by government agencies before a child can attend public school.

Parents that opt out of a vaccination program are often severely criticized and can in some

cases even be arrested and thrown in jail.

Vaccines, like most drugs, are highly profitable, and it is to every manufacturer's benefit to introduce a new vaccine. This means that the more unscrupulous companies, and their bought and paid for government officials, could actually invent a disease and then find a vaccine for it, or at least instill a large amount of fear in the general populace in order to gain public support for a specific vaccine.

The flu vaccine, even if it is carefully prepared without harmful preservatives, would only have benefit for small children and senior citizens who are already health-challenged. A healthy adult does not need this vaccine.² If they do get the flu, their own bodies will most likely produce an autoimmune response, preventing them from getting that particular strain a second time (unless the virus mutates, which is certainly possible).

Another totally unnecessary vaccine is hepatitis-B in infants.** Unless the child's parents are intravenous drug users or prostitutes, they are highly unlikely to contract hepatitis-B, and even if they do, by taking proper precautions they can avoid giving the disease to their babies. This disease is spread through blood transfusions or sexual contact, not through casual contact. A few common sense actions can ensure that your child is never exposed to hepatitis-B.²

The Depopulation Agenda

The vast majority of conscious and unconscious Illuminati members are in favor of keeping the population fairly large, perhaps on the order of eight or nine billion, because more people means more consumers, which means greater profits. The industries with the greatest profits are war and medicine, and so the ideal scenario for most dark Illuminati members is to see long, endless wars with minimal deaths, but lots of suffering and physical destruction. The ideal consumer lives to a ripe old age of perhaps 90 or 100, but is riddled with multiple illnesses and syndromes and is therefore taking multiple medications day and night, thereby racking up astronomical profits for the pharma giants owned by such Illuminati members.

Nevertheless, there is a very small group of souls who have such an extreme lust for power and control that they want to reduce the population of Earth to a size that they consider to be more manageable. They have, perhaps, read of the prophecies that suggest 80 to 90 percent of humanity will perish in an Armageddon-style conflict or through massive Earth changes, such as cataclysmic earthquakes and volcanoes. Some of them feel they are being called to fulfill these prophecies as God's "chosen people" and that they will inherit the Earth after the "cleansing."

Others do not give credence to prophecies or religious writings and instead take a more militaristic approach. Their plan is to poison the general population, knowing that the strongest genetic lines will survive a plague or engineered cellular mutation. In some cases, such souls may have visions similar to that of Adolf Hitler, who wanted to build a super race through genetic manipulation and genocide of those with "lesser" qualities.

The vast majority of poisons in our air, food and water are there because of the profit motive and refusal to take responsibility for irresponsible behavior. However, there are a few bioengineering operations designed to introduce viruses, bacteria and other pathogens into the environment deliberately to target certain segments of the populace.

In some cases, these dark souls are merely projecting their hatred of humanity outward in the form of "accidentally" releasing a vial of poisons from the laboratory into the environment. In other cases, they are carefully planned terrorist attacks on unsuspecting populations.

Then there are the gray areas, such as GMO foods and dangerous pesticides. In most cases,

the companies that promote these products know that they can cause sterility, infertility and illness, yet they somehow rationalize that only the weaker genetic links will be affected and that this is somehow for the good of humanity. Or they might simply rationalize and say that there is “collateral damage” as a result of technological progress. In other cases, the profit motive is so near and dear to them that they really don’t care about the long-term consequences of their actions.

If you, the reader, are not absolutely convinced that large agribusiness companies already know their products cause problems for humanity, then consider the recent attempts at labeling of GMOs in the USA. The manufacturers of these products spend millions to defeat such labeling initiatives. If they are so proud of their products and believe in their safety, wouldn’t they want their accomplishments proudly displayed on the label?

For over 50 years, people have been aware of the dangers of smoking cigarettes and yet this practice continues, even though the number of smokers has declined.

Our point here is that there are many human beings with a “death wish.” They have decided this planet is a prison and they want to escape (and take as many unsuspecting souls with them as they can), and so they engage in behaviors designed to promote death and destruction. Of course, there are many souls who want to quit smoking, but are seriously addicted and have not yet mustered the will power and help necessary to overcome the addiction.

In addition to the “death wish” buried in the subconscious of many souls, there are a few truly evil elements in the mix.

There is a very tiny portion of the dark Illuminati that is controlled by negative extraterrestrials who still believe they can take over planet Earth once enough human beings have been destroyed. This group is trying to influence decision makers into adopting programs that will reduce or eliminate large segments of the human population.

Preferred methods to attempt depopulation include adulteration of vaccines with chemicals causing sterility (already introduced in Africa on a couple of occasions and recently in Peru), spraying of certain chemicals into the atmosphere in test areas (see the next section on geoengineering), genetic experimentation on food sources (already in progress), and bioterrorism (deliberately introducing pathogens with the intent of killing off large segments of the populace).

It is unlikely that the depopulation agenda will be successful to the extent that the “chosen ones” are anticipating. However, there are a multitude of reasons we expect the population of Earth to drop significantly in the coming years even without the influence of the “chosen ones.” Those who wish to intentionally remove large segments of humanity may have their wish fulfilled, but for very different reasons. As detailed in previous writings, many souls are not ready to ascend with the Earth in the coming decades and they will find suitable ways to exit the planet, in keeping with their souls’ desire to experience lessons that will no longer be available on Earth.

For example, as Earth increases in vibration, the frequencies of war and conflict will no longer be compatible with the new program of peace and prosperity, and therefore, souls wishing to learn more about war and conflict will go to other planets more suitable for these lessons.

This channel’s spirit guides, the Founders, have stated repeatedly that they anticipate the population of Earth will peak around eight billion between 2015 and 2020, and then drop until it reaches about two billion, possibly as early as 2030. Whether or not depopulation is intentional, it is likely to happen due to the above reasons and also the excessive pollution and imbalances currently accelerating on Earth.

Let us continue with our examination of the agenda of the dark ones and look at another area

of concern.

Weather Modification and Geoengineering

Geoengineering, also popularly called “chemtrails,” involves the spraying of chemicals into the atmosphere in order to alter the weather patterns. There are a variety of reasons for geoengineering. Those with a positive intent may be trying to end droughts or divert the jet stream (flow of upper atmospheric air patterns) into places where moisture is desired.

As with most technologies, geoengineering can be used for military purposes. It can divert much-needed moisture away from an enemy’s land, or can be used to create cloudy or foggy conditions that obscure secret military maneuvers.

Certain chemicals that are known to be toxic can be sprayed into localized areas in order to weaken or poison enemy troops.

There are some extreme views regarding geoengineering. Many believe that chemicals are being sprayed over large cities in order to dumb down the population or weaken their immune systems. While theoretically this is possible, from a practical standpoint it would take a tremendous amount of chemicals (at a high cost) to significantly alter the atmosphere over a wide area sufficiently to damage the health of ordinary human beings.

In such cases, those who wish to remain in power are obviously going to be breathing the same air as those around them, unless they have retreated into underground bunkers. Therefore, it makes more sense to target localized areas of opposition and to alert the “chosen ones” to avoid those areas during spraying.

Once again, the truth is in-between the two extremes: (1) geoengineering is not real and is a figment of the imagination, and (2) the elite are trying to poison everyone with toxic spray.

It is important to use common sense when evaluating a program such as geoengineering. Yes, it has and is being used as a military weapon in limited theaters of war. However, it is not technically feasible to target large segments of the population especially in places where the elite make their homes, such as in the affluent suburbs of large cities or in high-rise corporate buildings.

Nevertheless, there is a network of underground bunkers and even complete subterranean cities either finished or under construction. The elite certainly believe that Armageddon is coming, whether or not they are responsible for it. Those who are less knowledgeable of the Earth changes may simply see the need for fallout shelters in case there is a nuclear war. In this case, the budget for such underground facilities can be above-ground (pardon the pun), meaning that it can be worked into the everyday financial budget of a given country.

More on Underground Secret Facilities

The more elaborate and high-tech underground facilities are typically top secret and are often part of black ops military projects, outside the watchful eye of budget directors.

The compartmentalized structure of secret governmental operations (black ops) consists of several top secret programs in numerous countries. Personnel operate on what is called a “need to know” basis, which allows for small groups of military commanders to operate projects that 99% of humanity knows little or nothing about.

One such project, mentioned numerous times in earlier writings, involves the reverse-engineering of captured spacecraft from the 1940s through 1980s, during the period when the

Zeta Reticulins were actively conducting their breeding programs with humans. To review, certain black ops projects made arrangements with the Zetas to swap their technology in exchange for keeping their breeding programs secret and protected.

There are still some underground facilities housing Zeta spacecraft, and in a few instances, Zeta-human hybrids, since the breeding program is only about 90% completed as of this writing. There are also secret facilities involving technologies brought by the Sirian/Annunaki and dark Orions. At one point, there were almost 23,000 extraterrestrials stationed in and around the Earth. That number has dropped to about 15,000 today. The majority are fourth density Pleiadeans (generally helpful beings), Sirians (both light and dark) and a few Zetas (mostly dark).

There is a plan to move the most “important” human beings and ETs into these underground facilities if and when the atmosphere of Earth becomes unbreathable, or if and when a major plague outbreak occurs, or some other big disaster. If such a cataclysm is engineered by the elite, then obviously the “important” human beings will have advance notice and will gather their things and go underground.

Only a few of the elite have developed their psychic and intuitive abilities sufficiently to be able to foresee major disasters that are not caused by their own groups. In this case, they may have a choice to follow their psychic hunches and messages and go underground before disaster strikes, or they might elect to grow and evolve beyond the need to control the world. They might not need to save themselves if they raise their vibration high enough. The lower-vibrational leaders will still be going underground until such time as it is once again safe to be on the surface.

What these so-called leaders do not realize is that they take their negative consciousness with them and so eventually they will need to deal with the effects of their negativity regardless of where they are.

The Earth has an incredible ability to heal itself, even with poisons being spewed into the atmosphere intentionally and unintentionally. This channel’s spirit guides have said that there will always be safe places on the Earth. If you are open and receptive to higher frequencies and your own inner guidance, you will know where to go and when to go there. You will not need underground bunkers unless your true higher guidance suggests that as part of your growth process. It is unlikely that depriving yourself of sunlight will benefit you, however, and more than likely you will be guided into an intentional spiritual community on the surface of the Earth in a relatively safe area. We will have a bit more to say about communities in later chapters.

The Purpose of HAARP

Although the main publicly acknowledged installation of HAARP has been taken offline, there are several facilities around the world that have, as their stated purpose, research into the upper layers of Earth’s atmosphere. The main objective behind this research is surveillance (spying). This is even admitted in the original HAARP’s official website, stating that espionage agencies in the USA military are among their clients. By controlling the way signals are bounced off the upper layers of the atmosphere, it is possible to monitor a wide range of communication signals. Another purpose, also stated in the official literature of the original site, is climate and weather research (aka geoengineering). By coordinating electromagnetic and chemical interaction with the atmosphere through a series of HAARP-like facilities, scientists can learn to more accurately control the weather.

There has been much talk of staging a fake extraterrestrial invasion using holograms projected

by these facilities. One such facility in Norway has been through a test run, and reports from that part of the world were that strange electromagnetic phenomenon appeared in the skies during that test. Other tests have been conducted in parts of Siberia. (This is unrelated to meteorites and holes in the ice field caused by methane eruptions, or a burial site of a crashed spacecraft emitting toxic radiation.)

The Poisoning of the Food Supply and Water

Once again, the vast majority of pollution is an unintentional byproduct of placing profits before the environment. That said, a lot of outdated and dangerous industrial practices stem from the unwillingness of the power elite to allow new clean technologies to be developed openly. So in a sense, you could say that this poisoning is intentional in order to maintain the status quo and increase the profits. The oil and nuclear industries are obvious examples.

There are gray areas in this department as well, such as the fluoridation of drinking water. Those who advocate the use of this poison in water are well aware that it is a toxin and is capable of causing all kinds of damage to physical and mental health, yet they continue to go along with its distribution and application.

The Truth Behind GMOs, Fluoride, Aspartame, MSG, etc.

Starting with the issue of fluoridation, there are multiple levels of motivation behind the use of this product in drinking water (and toothpaste). The ignorant are still convinced it prevents cavities and helps protect against harmful bacteria. To some extent this is true, but at an enormous cost. Research has shown that long-term use of fluoride makes it accumulate in the tissues of the brain, lowering intelligence and intellectual reasoning. In other words, it dumbs down the population. Both the greater dark Illuminati that favor a large, sick population and the small faction that wants depopulation are in favor of a poison such as fluoride. In addition, it provides a convenient use for toxic waste products of industry and the military.

The depopulation proponents want a dumbed down populace so that they will not figure out what the power elite are up to. This is like the frog in the boiling pot of water, whereby measures are introduced to the people that gradually take away their well-being until it is too late to do anything about it. With GMOs, the situation is a little more obvious and there is a great deal of opposition (and outright bans) of GMO crops in many parts of the world, yet in the supposedly most powerful nation in the world (and a few others), almost 90% of the food contains GMOs.

Aspartame and monosodium glutamate (MSG) are excitotoxins that create overactive brain cells and eventually brain damage. Again, industry has known for a long time about the toxicity of these substances, yet they continue to be put into the food supply with only a token resistance.

The Nuclear Waste Nightmare and Nuclear Accidents

There are over 1,000 nuclear reactors in the world and at last count, over half of them were operating, even though around 100 of the still-operating plants were falling apart at the seams (literally in some cases). Two major accidents have occurred since the advent of nuclear power (Chernobyl and Fukushima), and radiation is still entering the environment from these events.

Radiation levels in the Pacific Ocean are nearly six times normal background as a result of

Fukushima and many reports of animal die-offs have been attributed to radiation poisoning. A healthy human being probably will not notice anything or have any adverse health reactions from the elevated levels, but those who are ultra-sensitive have already felt a difference.

It is likely that there will be more nuclear “accidents.” You will note this word in quotes because it is certainly possible to sabotage a nuclear plant. While those monitoring nuclear plants and weapons from the higher planes may step in and prevent intentional releases of radioactivity, this depends on many factors, including how much of the planet is affected and to what degree.

At any rate, sensible people tend to locate themselves (when they can) as far away as possible from nuclear power plants. However, there are no safe places on Earth from radioactive waste, and the waste is growing every day. The nuclear industry has convinced human beings that storing the waste in underground lead-lined containers is completely safe, but already there are several waste sites leaking radiation. It is estimated that up to ten percent of the human population will have significant adverse affects from nuclear radiation in the coming years. (Note: We know the higher beings have stated that there will always be safe places on Earth, but that depends on your level of vibration. It is possible to transmute some of the toxins in the environment, especially if you live away from the sources of pollution.)

Although there are clean technologies far superior to nuclear fission reactors, the “powers that be” have largely suppressed these technologies. We will take a closer look at new technologies later in this section.

The Oil Monopoly

For as long as there have been automobiles, there have been ways of operating them without polluting the environment, extracting fossil fuels from the Earth and forcing motorists to pay and pay at the pump.

Clean, cheap, renewable energy is not that hard to develop, unless you come up against a powerful special interest group overflowing with lobbyists, lawyers and government con men.

Today’s industries have spent billions tooling their machinery and infrastructure to run on oil, and they do not want to spend billions more retooling everything to run on something relatively harmless like water or hydrogen.

So every time an inventor comes up with a “revolutionary new” form of internal combustion engine, it either gets bought out and suppressed, or the inventor himself is suppressed, often in very unpleasant ways. Oil companies and their vendors/partners in crime will go to great lengths to find scientists that will discredit the new invention, invent ways to make sure it does not work, or convince the populace that they are better off with “tried and true” technology.

Oil Spills from Tankers and Offshore Drilling Platforms

Oil spills are bothersome things. The one in the Gulf of Mexico several years ago is still not cleaned up even though nobody seems to be talking about it anymore. Industrial accidents are big news for a couple of weeks before something else takes the public’s attention and the story is swept under the rug until the next disaster.

The price of oil is heavily manipulated up and down, depending on who is running the agenda, but one thing is certain — it will eventually get harder and harder to extract oil from the ground. Whether it is 2020 or 2050, sooner or later affordable oil will run out. Will industry be able to make the shift gracefully, or will it be a rocky ride?

Hydraulic Fracturing of Shale to Obtain Oil and Gas

In various parts of the world, chemicals are inserted in layers of shale to force open deposits of oil and natural gas, often contaminating the groundwater in the area and contributing to earthquakes. As of last count, there were over 100,000 “fracking” wells, mainly in the Americas and parts of Western Europe.

These wells, when not capped properly, contribute to increasing releases of methane gas and other chemicals from deep within the Earth’s crust. There is a plume of methane gas currently located in the four corners area of the United States that has been attributed to natural gas drilling operations.

Thousands of people have reported illnesses when living in the vicinity of natural gas wells and drilling operations. Although the recent drop in oil prices might temporarily halt production of oil and gas from shale, these operations represent a serious increase in worldwide pollution.

In Oklahoma and Arkansas, numerous earthquakes have been attributed to fracking wells. In some counties, fracking has been banned as a result.

Depleted Uranium and Chemical Stockpiles

One final note on pollution involves the use of depleted uranium in war zones. This product renders areas that have been shelled uninhabitable for decades in some cases. Nevertheless, homeless people will rebuild wherever they can after a war and that includes houses on top of radioactive chemicals.

Perhaps there are those who specialize in determining the cancer rates in areas formerly besieged by war. In parts of Serbia, where NATO conducted bombing raids in the late 1990s, cancer rates have nearly doubled. We suspect the rates are even higher in parts of Iraq and Afghanistan.

There is no reason to expect that things are any better in Eastern Ukraine, or any place else where war has taken place (including Libya, Palestine, Yemen, etc.).

Suppression of New Technologies

The list of suppressed technologies over the past 100 years is quite lengthy. While many new technologies need to be perfected and have had an erratic success rate, some methods and processes are far superior to what is in use today in the mainstream world.

There is more here than meets the eye. Suppressed technologies are not entirely due to interference by government agencies, corporations, secret societies and negative extraterrestrials. The overall state of human consciousness has a great deal to do with it. We have stated this before in previous writings, but let us look at the problem once again, using a common example.

If 90% of the world believes in lack and scarcity, what will 90% of the world experience? Okay, this might be an oversimplification, but yes, they will experience lack and scarcity. It has been documented that in the quantum realms, consciousness affects everything. In fact, there is no separation between consciousness and quantum particles/waves.

What happens to the quantum flux when it is subjected to a strong belief system or expectation of what is to be witnessed? Exactly. The quantum flux is affected by the negative belief systems of humanity. In other words, people see what they expect to see, and the particles

being subjected to their field of consciousness behave likewise.

When humanity is able to shift consciousness to understand and know the reality of nearly unlimited abundance and prosperity in the universe, devices capable of creating this reality will be able to proliferate. Think about it for a moment. How can inventors of zero-point energy devices possibly manage to bring their machines into the mainstream of society (with or without interference by the groups mentioned above) if the consciousness of the planet is not ready to receive these devices?

Doing so would violate the law of cause and effect. The 90% of humanity believing in lack and scarcity would suddenly have their belief systems removed as the inventors demonstrate their unlimited energy source machines. There may, in fact, come a time when this will occur, but it is obviously not the right time yet. Too many people would simply not believe what is right in front of their eyes.

Remember when we talked, in an earlier publication, about the man who offered one million dollars to anyone who could prove the existence of psychic phenomena? We predicted he would never pay anyone because even if a yogi were to levitate right in front of him, he would not see it (or would simply assume it was a trick of hidden mirrors or something). People see what they want to see. The program of poverty, lack and scarcity is so ingrained in the majority of human beings that these beliefs form a powerful force field of negativity around the entire planet, making it difficult for inventions that run counter to these beliefs.

Yes, in the privacy of the inventor's laboratory the machine works fine because it is in the presence of positive resonant fields. If a group of scientists who are sympathetic to the positive vibrations of the inventor were to gather, the machine would continue to work just fine. But as soon as a large body of skeptics joins the group, things start to behave erratically.

Those armchair intellectuals who witness the above are quick to dismiss the invention as being part of someone's wishful thinking. Yet these impotent warriors have obviously not studied quantum mechanics and resonant fields or they would realize how crucial consciousness is to the equation. So let us sum up this section as follows:

To bring new technologies to the planet, we must have a new consciousness that supports these technologies. Remember, the quality of your consciousness determines your experience of reality. If everyone on the planet were to believe the universe is infinitely abundant, that is what they would experience. Zero-point energy devices would be quickly accepted and welcomed and the world would change overnight.

Human beings become attached to their ways of living, even if it is clear to those with vision that these ways are destructive. On a more mundane level, what about married couples that are miserable in their marriages? Why do they stay together? It's not just for financial convenience (although that might be a factor), or to keep the family together (another contributing reason). It is because they are afraid of change; they believe life could be worse if they break up.

Maybe you have gotten used to pulling up to the gas pump or petrol station and filling your tank, paying with your hard-earned cash, and driving off. "It's just one of those necessities of life," you rationalize. "Zero-point technology? Just a pipe dream. Maybe in some distant future time we'll get there, but not until oil runs out in 50 years."

What do you think that stream of consciousness is doing to the planet? Is it helping or hindering the advancement of new technologies?

We are not suggesting you park your car and wait for these technologies to hit the mainstream, but start today to change your perception of what is possible (and probable). Start visualizing a world where there is no hunger, poverty, war, misery and suffering. Know that

these things are abnormal (even though they seem to be normal on Earth). About 80% of the cosmos has overcome these conditions or never had them to begin with.

Heal your Original Cause, say NO to the negative beings among you, and start living from the center of your being. Is it easy? Of course not. If it were, all human beings would be enlightened and free. But now is the time to make a deep and solid commitment to breaking out of the “matrix” and reclaiming your power. No dark lords can have power over you unless you allow it, either through ignorance or brainwashing. Make today the first day of your new commitment to refuse to believe in the agenda of the dark lords any longer. You are infinitely more powerful than they are if you wake up and realize this.

A Final Word about Dark Lords Attacking the Lightworkers

The key to moving through the planetary “Dark Night of the Soul,” is to remain in neutrality. This is not a state of limbo, but rather, a highly enlightened state whereby you do not react to the darkness or give it power, nor do you go into denial about its existence in the lower realms of creation.

Having examined the motives and operational strategies of the dark ones, it is important to find the perfect balance between becoming too concerned with their operations and going into denial about the scope of the problem.

The two extremes are as follows: (1) The dark forces are illusions. If you simply ignore them, they will go away. You have nothing to worry about. Just carry on with life and shine God’s loving light everywhere, and everything will be fine. Do not think about anything negative; stay focused on the light. (2) The dark forces are in tight control of Earth. They will take down the lightworkers and make life miserable for everyone but their chosen few. They will attack and be victorious over the light, enslaving all of humanity in a strong mind control net and reinforcement of the frequency barrier around Earth. Expect Armageddon any day now. Be very afraid.

As is usually the case, the accurate perception is in-between these two extremes. Yes, the dark forces are very real in the lower four dimensions and yes, if you stay focused on higher dimensions, you can overcome anything they might throw at you, but true neutrality, similar to detachment, means you are not taking any sides in the drama of duality. You see the light versus dark dynamics and you merely observe, without reaction or judgment. From a neutral place, you shine God’s golden, radiant, unconditionally loving light out from the center of your being, not because it is the right thing to do, but because it is the natural result of transcending the realms of duality.

You become like the sun. The sun does not withhold its light from the wicked, or bestow special privileges upon the lightworkers. It is the sun’s nature to continually shine its light no matter the weather on Earth or anywhere else within its range of influence. It does not care about the behavior of human beings or the misery they might cause to one another. It does not charge for its light, or loan more of it to some beings, expecting payment with interest in the future. You need do nothing to “earn” sunlight. On the other hand, you can learn to harness it, through solar panels or photon technologies.

The Kingdom of God within you is similar to the sun in many ways. It shines continuously from the center of your being, but you must learn to harness and direct it in ways that contribute to the well-being of humanity. If you are unaware of it, that doesn’t mean it stops shining, but you will be unable to make use of its many wondrous qualities. Understanding the darkness is

akin to shining unconditionally loving light into it. When you deeply know something, you become one with it. In this case, because darkness is ultimately illusion, you do not become one with the darkness, but rather, one with the children of God who wander, alone and afraid, in illusions of their own making. Fear is undone by walking directly into it and out the other side. To do this successfully, you must understand the complete nature and structure of it; how it arises, what it manifests, and its various cycles and attitudes. You do this without reaction or judgment. You are merely looking directly at the fear that drives the dark forces, while calmly sending your unconditionally loving light into the heart of it. This naturally dispels it, without resorting to force and with absolutely no resistance of any kind.

Congratulations on getting through the chapter on darkness. Now, as promised, we will turn to the light and offer some solutions.

¹ These statements have not been approved by the U.S. Food and Drug Administration and are not intended to prescribe, diagnose or treat any illness or disease. The information is given for educational purposes only.

² The previous statements have not been approved by the U.S. Food and Drug Administration and are not designed to treat, diagnose or prescribe remedies for any illness or disease. Consult a health care professional for advice on using or refusing vaccines.

CHAPTER 11 — Solutions to the Problems of Today's World

You will note that in this section of the book, we are starting with things you can do to change yourself and then we take a look at specific things you can do to change the outer world. Remember that change begins from within. Up until now, our focus has largely been on exposing what is wrong with the world and why it is this way. However, this book is of limited value if we do not show you ways to effectively create a new world based on higher states of consciousness.

We stated that we must first accept things the way they are, and accept ourselves the way we are, before we can make any meaningful and true changes. Once we have done that, we can get about the business of actually making the difficult choices necessary to withdraw from the “matrix” and start living our lives from our center of power and magnificence.

Before we talk about personal enlightenment, let us examine a few attitudes and beliefs that must change in order to create a world of peace and prosperity.

Transcending Religion

In order to transcend religion, there must be a direct experience of God, rather than simply ideas and concepts. As long as humankind has beliefs about God and truth, there will be religions. Religions are not bad in and of themselves. They fulfill a purpose. Their true purpose is to help students gain faith and trust that there is a power and reality far greater than what their egos can show them. However, for most, religion has become a crutch. Also, those in charge of administering the various religions are usually stuck in their egos and use their position of authority to strengthen their egos, rather than to help empower their followers.

A true teacher seeks to empower his or her students to become as wise and aware as he or she is. A true teacher is not interested in self-aggrandizement, worship, praise, or dutiful obedience. There may be value in adhering to a strict set of standards and guidelines, but not if they instill guilt and unworthiness in the student.

Many religions start with the premise that we are all miserable sinners. This is not true. We may all get trapped in the illusions of the lower worlds, but that does not make us defective or wrong. The belief that we have made an unpardonable mistake, or that only Jesus or some other guru or teacher can pardon us, is to fall into the trap of traditional religion. The word religion actually means, “A system whereby you develop and rely on your own inner wisdom.”

The word “disciple” comes from the root meaning, “to learn.” A discipline is a system that provides a favorable environment for learning to take place. So a disciple is a learner who practices discipline, meaning he or she creates a favorable learning environment.

This may or may not involve ritual, ceremony, prayer, meditation, sermons, preaching, etc. Such activities, if they inspire the student and assist his or her learning process, can be beneficial, but not if they become rote or obligatory with fear of going to hell if the system is not fully embraced.

All major religions were founded by enlightened teachers. This does not mean the teachers were humanly perfect or that the teachings are 100% accurate. However, there are pearls of wisdom in every teaching and it is up to the student to discern the true from the false, the useful

from the useless (or even worse, detrimental). A good rule of thumb when examining religious tenets is to ask, "Does this rule or belief contribute to the soul growth, happiness and well-being of the student, or does it engender fear, guilt, shame or blind reliance on a questionable teacher?"

A related question would be, "Does this method or procedure accurately reflect the enlightenment of the founder of this religion or system?"

Priests, priestesses, gurus, mystics, yogis, sages, rishis, ministers, pastors, clergy, etc., have a primary purpose. That is to facilitate the learning process of students and to help them become as aware, or more so, than the teacher. Jesus, in John 14:12, said that we are all capable of doing the things he did, and greater things than these. After his death, some of the disciples went on to perform miracles and healings in the true spirit of the teacher. It was not until 300 to 400 years later that the Christian religion became distorted and used to control the populace. The instilling of guilt in the followers of Christ was the beginning of the undoing of true Christianity. Today this religion, as it is practiced in the fundamental churches, bears almost no resemblance whatsoever to the original teachings of Jesus.

While the reader probably does not need any examples of this, let's go ahead and give a few. We will assume that the phrases quoted herein are accurately translated and reflect the true teachings of Jesus.

Jesus suggested that we are all created equal in God's eyes. He augmented the two main commandments given in the Old Testament: Love God and love your neighbor. He told us to love our enemies, and to feed and clothe the poor.

At the time of this writing, there were several places (in the USA) where it had become a crime to feed the poor (unless you have a special license). This author supposes it's possible that some of the city council members who voted for this law call themselves Christians.

There are many soldiers, commanders, generals, presidents, prime ministers, rabbis and pastors who openly advocate the bombing of foreign countries that are no direct threat to them or the land they are supposedly in charge of. Perhaps the phrase, "Thou Shalt Not Kill," is too vague and complicated for their understanding. Maybe "Love thine enemies," only pertains to certain enemies and not others.

It is crystal clear in the Bible that humankind is not to worship false idols. Included would be money and fame, yet how many TV evangelists adhere by these simple, straightforward rules.

Perhaps some of these lost souls may use the excuse, "Since I am a miserable sinner, I might as well keep on sinning and then ask Jesus to forgive me." Nowhere in the Bible, or anywhere else, is there any indication that Jesus actually gave this advice. These are the same people who are quick to say, "The Bible is the word of God." If that is so, then what about Genesis Chapter 1, wherein it states that we are created in the image and likeness of God, and that God is just and loving.

If human beings are not behaving in just and loving ways, it must be because we have fallen into the false belief that we are somehow separate from God and that God is now punishing us for our so-called "sins." Is it not time for Christians and those of similar religions to question this belief?

Ultimately, ALL beliefs are limiting and restricting. As you approach enlightenment, all beliefs fall away, as do all religions. With a direct experience of God within yourself, you are no longer attracted to things outside yourself for your salvation. "The Kingdom of God lies within," says Jesus in the Bible. Then why are those pastors and ministers who believe the Bible is the word of God looking somewhere else for salvation, or appealing to a distant God somewhere outside of themselves?

You, the reader, may have already asked yourself these questions. Perhaps you have moved beyond this inquiry. If so, you may be guided to share your wisdom in a loving and compassionate way. Remember the idea that everyone you meet is the Christ, or the Buddha. Learn to treat each other with the kindness and respect you would treat Jesus if he showed up at your door.

One final note on religions is the idea of sacrifice. We talked about sacrifice in various tribes throughout history. In Christianity, God supposedly sacrificed his son Jesus on the cross in order to somehow atone for the sins of humanity. We are not sure where this belief first showed up, but it was much earlier than 2,000 years ago. Such a belief makes it convenient to not only put the blame outside of ourselves, but our salvation as well. In other words, we are not responsible for our own actions, or if we are and they are negative, Jesus will atone for them. This is a distortion of the original teachings. The belief in sin is designed to disempower the student. The reality is, we are responsible for both our mistakes and our achievements. The idea of sacrifice is an illusion. This is the belief that you can give up something of real value for something else of even greater value. Yet if God is One and we are One in God, then everything is ours already and there is nothing to give up. Every time somebody “wins” it is a win for all of us.

If there is any truth at all in the idea of sacrifice, then it is the idea that we must give up illusions in order to learn the truth. In this case, the worshipping of false idols, such as money, power and prestige, must be given up in order to perceive what has true value. If a particular religion or spiritual path helps us do that, then it has value. But such a system is not about deprivation or denying the human self its basic needs. In this world, it is possible for everyone to live a happy and prosperous life, full of material things and comforts. The material world is not the problem — it is the attachment to material things and the identification with form that is the problem. To transcend religion, we must stop relying on the ego and start remembering that we are powerful, creative spiritual beings with everything we need inside ourselves.

The New Psychology

Every human being goes through emotional and mental challenges. There is no escape from this. For some of us, the traumas are relatively minor, maybe getting yelled at during childhood, or moving away from a close friend. In over one-fourth of Earth families, there was some sort of abuse, from being whipped (spanked), to verbal or sexual abuse.

Enlightened forms of psychology must take into account not just the obvious mental and emotional trauma and the belief systems formed as a result, but how trauma affects the astral, etheric and causal realms. In addition, sources of trauma from past lifetimes and other worlds must be taken into account as contributing factors in today’s problems and challenges. Ultimately, psychology must embrace the idea of Original Cause — that all traumas began when we started perceiving ourselves as separate from God. We must heal the original descent into matter and the experience of being trapped in the material world.

Childhood traumas must be seen as secondary to the root cause, that before we came into this world, we already had a victim consciousness, and that being “victimized” as a child is merely a reinforcement of a belief system that was already in place when we arrived.

This author has repeatedly stated that there are two necessary ingredients in order for emotional healing to take place. We must first feel, experience and express our emotions in healthy ways, and second, we must learn to detach from our emotions and view them impartially, without judgment. We must learn to love and accept ourselves without identifying with the

emotions, beliefs and thought forms from which negativity arises.

Mentally, we must identify and heal our core negative beliefs, many of which have been detailed numerous times in previous writings. For those new to this work, these beliefs take the following forms: Internal — *I'm not good enough, I'm not worthy, Something is wrong with me, I'm not safe, I will always be disappointed in love, etc.*, and the external — *The world is not a safe place, There's not enough, Life is a struggle, Life is a disappointment, etc.*

All these beliefs stem from the Original Cause root belief that we are helpless, hopeless, powerless victims of the world — which arose from the belief in separation from God. All guilt, shame, fear and expectations of doom and gloom arise from the belief that we are separate and that God is somehow judging or punishing us for our sins. Perhaps we are aware that we feel separate from God and blame ourselves for this feeling, reinforcing the idea that we should be punished because we somehow strayed from God's commandments.

We might feel that our body's desires and appetites are beyond our control or that by controlling them we must lead a joyless, passionless life. With the help of the church, we may feel that we must choose between the joys and pleasures of a hedonistic material life, and the burden of bearing the cross of a religious, pious, ascetic and "pure" life in service to a harsh and demanding God.

This "choice" becomes one between enjoying and living life to the fullest, with the promise of an eternity in hell as punishment, versus denying our basic human desires in favor of a promised heavenly hereafter.

The psychological reaction to this dilemma is to either deny our thoughts and feelings, judge them as non-spiritual and base (sinful), or to decide to dive headlong into a hedonistic, pleasure-filled life. The rationale here is that if we are going to hell anyway, we might as well get as much out of life as possible before the "shoe drops." This is the origin of such thoughts as, "It's too good to be true," and "You better grab the goodies while you still can."

So what is the new psychology? It is the holistic approach of treating the whole person, rather than just specific traumas. It is about recognizing that we are spiritual beings living in a material world. It is about embracing new technologies, such as timeline healing, and incorporating psychotherapy, hypnotherapy, holistic healing, meditation, yoga, metaphysics, visualization, Gestalt, rebirthing, and many other disciplines into the healing process.

Healing the Physical Body

This section of the book is designed to give you an overview of what is required in order to heal the physical body.

You have no doubt heard stories of miraculous, spontaneous healings and indeed, these do occur sometimes. However, in order for a physical healing to be instant, the soul and its various levels and dimensions must be ready to accept this healing. If any part of the soul is not ready or has not completely learned the lessons behind the illness or injury, then it is likely that such illness or injury will return at some point after the instant healing.

In the vast majority of cases, healing does not happen instantaneously, because the body does not like rapid change. It is necessary to create the right environment for healing to occur, and below are the primary conditions necessary.

First, there must be faith. In this case, "faith" means having a certainty, or knowing, that healing will occur and that it must occur, in accordance with Divine principles. Faith is based on the truth that perfect health is the natural state of the physical body (and other levels and

dimensions of the self). When illness occurs, it is because one or more levels are out of balance with the natural rhythm and harmony of the universe.

It should be noted that planet Earth has been out of balance for a very long time, and by living on Earth, constant vigilance and awareness is required in order to remain in balance. If you simply live your life without regard for your inner state of balance, you will likely go out of balance in a relatively short period of time. Along with the non-interference policy, this is the primary reason higher dimensional beings seldom come directly to planet Earth, such as in the materializing of a body, or stepping off a spacecraft. Within a matter of weeks, their vibration begins to drop until it becomes very difficult to complete their missions.

Being in a human body on Earth means paying constant attention to areas of your life that can go out of balance. The most common level to go out of balance is the emotional body. By suppressing or controlling the emotions, you set up an environment for imbalance to occur.

Another important factor is eliminating distractions. If your body needs pure food, a relaxed environment and positive people around you in order to be healed, and you live in a fast-paced city, attend a negatively oriented workplace and eat on-the-run fast food, it is extremely unlikely that any existing maladies will be healed quickly even if you are affirming such every day.

It might be best to start your prayers with, "I ask for complete and correct guidance as to exactly what I need to do to heal my body in the best and most efficient way possible. I ask that my healing occur with joy and grace."

Of course, in order to heal the physical body "with joy and grace" you might be required to let go of any attachment to the belief system that healing must involve sacrifice and pain. If you believe that letting go of attachments is a painful process and you receive guidance to let go of the aforementioned lifestyle, then you will likely perceive this to be a very difficult decision. By giving up the stressful job, hurried pace and bad diet, you might believe you must choose a life of deprivation and joyless austerity. You need to do processes to help clear these negative beliefs. Many souls find great joy in simplicity and a pure diet. It is all a matter of your belief systems.

That said, if your body has a true desire for a particular diet or lifestyle and that system is in contradiction to the dictates of your guru or teacher, you must consult your own higher wisdom first before blindly accepting the advice of the teacher or guru.

It is a good idea to try following the dictates of a spiritual path, especially if it has worked for thousands of people, but do not become too rigid or attached to it. Usually, small modifications are acceptable in any system. Do not let your ego get carried away making exceptions to the rule, however. Be willing to follow the procedures of a system that is known to work. If you faithfully follow the system for a prescribed period of time and it does not seem to work, then consider modifying or dropping it.

Always check in with your body when following any regimen or practice. Again, ask your higher self to bring you enjoyable experiences during your healing process. Let go of the belief in "no pain, no gain." Also, let go of resistance. Resistance is pain. Pain is resistance. If you are experiencing pain, ask yourself, "What am I resisting?"

You might believe that you will lose everything of value if you give up the stressful lifestyle. Perhaps you are a healer and never take much time for yourself because there are so many people who need your help. However, if you do not take time for yourself, you will have less to give to others. You cannot be everything to everyone, at least not in a human body on Earth. Take time for yourself.

There are many great healers who simply do not take days off or retreats away from their

work, because their clients “need” them so much. While this dedication to service is admirable and often beneficial, healers need to know when they begin to burn out; they need to see the warning signs. Being tired all the time, aging excessively, getting irritable, having frequent minor illnesses — these are all signs of potential burnout. These things should be addressed before they become chronic fatigue or major illnesses.

Be patient with your body. If you have an assortment of minor blemishes or conditions, it might take time and persistence to clear them. Try many different systems and see if you feel especially drawn to particular ones. Learn to recognize the difference between resistance to doing something that is good for you, and the feelings in your body when something is not right for you.

By meditating, tuning in to your higher self and asking for clarity, you can recognize the difference between resistance and inappropriate action.

Sometimes people become “comfortable” with their ailments. The toothache becomes an old familiar “friend,” or the limp becomes something accustomed. Making changes can be scary to many, even if you know you need to make the changes. Be willing to visualize and imagine yourself without your cherished “friends.” Let go of the belief that you cannot heal certain things. Of course, you want to prioritize what most needs healing. Anything that clearly obstructs your chosen path is something to put near the top of your priority list.

For example, if you experience chronic fatigue and you feel a strong calling to travel and help people, you need to address this condition right away. On the other hand, if you are pushing yourself too hard to be of service to others, then this can come back to haunt you. Find a balance between taking time for you and helping others.

Do not try to make too many changes at the same time. Quitting smoking might need most of your attention. You can quit drinking after you have lost the constant craving for cigarettes. Always look for the emotional issues behind any physical habit or bad behavior. Remember to love yourself. Accept yourself as you are before trying to change anything. Come out of denial about any areas of your life that are out of balance.

Become aware that all human beings have issues. In some cases, they might be relatively minor, but they still exist, as this is a part of being human. Spiritual masters have learned how to transcend their human limitations. This is not the same thing as eliminating them. It is about becoming larger than your problems. You learn to see yourself as a magnificent being of God, experiencing human life with its assortment of imperfections. Your real self is vast and your human self is little. This is true perspective. However, this does not mean your human self is unimportant or that you should ignore your problems.

Learn to love your little imperfect human self. It is a valuable part of you, as is everything within your spiritual being.

If you have a specific ailment, injury, illness or disease, immediately begin sending God’s unconditionally loving light directly into the heart of the problem. Love your imperfection, no matter how great or small it might appear to be. Then ask that it be brought back into balance.

Do not despair if nothing seems to happen at first. It might take days, weeks, months or even years for some issues to disappear, depending on many factors. You are not expected to know exactly how and when healing will happen. Often you might go a long time with no seeming improvement, and then something happens quickly. You take a quantum jump into a new reality and the problem disappears (or becomes insignificant).

Visualize yourself doing the things you love to do, even if doing them requires a body that seems out of reach at the present time. For example, if you have leukemia, imagine yourself

swimming, bicycling, hiking up mountains and even running long distances, if those are things you would like to be doing. See yourself having the energy to go dancing until the wee hours of the morning.

Do not become impatient or frustrated that your body is not responding as quickly as you would like. Just keep visualizing your healthy, radiant form and sending it love no matter how it looks or feels.

Continue doing your inner work while your body is healing. Do not stop doing it as soon as things seem to improve. In other words, loving yourself, meditating and praying are done when you feel fine, not just when you feel sick. Be grateful, no matter what you are feeling. It's easy to feel grateful for the good things, not so easy when you are constantly tired or in pain.

If you are in extreme pain, even when taking pain killers, try to imagine the color, flavor and texture of the pain. See it as an object, moving through your body. Forgive yourself for wanting to escape the pain. Forgive any thoughts of despair or depression. Love yourself anyway. Then ask God to remove the pain. Ask that all soul lessons regarding the pain be learned totally and completely. Pray that you completely understand everything there is that needs to be understood regarding your pain.

Ask for help, from spirit guides, from doctors, from holistic health practitioners, from anyone who has understanding or has been through what you are going through. The chances are very high that others have had similar experiences, no matter how intense yours might be. Ask your higher self to bring you exactly the right people to help you through intense and difficult periods.

Know that God is healing you now, totally and completely. Amen.

Healing on Other Levels of Being

Most physical problems originate on the other levels of the self. In most cases, the imbalances are found in the emotional and mental planes. Previous books have gone into great detail on the nature of these other levels, so we will be brief here.

Remember to feel, experience and express all your emotions. It is usually not easy to find a good environment for doing this, especially with negative emotions. Do your best to find safe ways of expressing anger, fear and sadness. If necessary, go to a therapist. Ask your higher self to bring you the right healer for stuck emotions or core negative beliefs. Use subconscious reprogramming techniques and timeline healing to heal deep unresolved issues from the past. Use hypnotherapy, rebirthing, past life regression or other techniques. Remember to BREATHE fully and deeply.

Explore and resolve your issues from past lifetimes using the above techniques combined with timeline healing.

Holistic Healing Techniques and Medical Cures¹

Earlier we described the mainstream medical system as being severely compromised by the profit motive and/or drowning in bureaucracy. The solution, from a medical standpoint, is to treat the whole person and not just the physical symptoms. With this in mind, it is important to do some real research into possible cures to common (and not so common) ailments.

In addition to doing emotional work, healing core beliefs, and working with the subtle bodies (astral, etheric and causal), there are many physical remedies that have been suppressed (for the reasons given earlier).

We mentioned that there have been cures for cancer for the past 100 years or so, including the use of the Rife machine, Gerson therapy and raw vegan juicing, taking of certain herbs and minerals, etc. Some illnesses are caused by, or affected by electromagnetic conditions. It is possible to use magnets, sound, color and light therapies to put cancer into remission. Compounds such as organic germanium (germanium sesquioxide) and in some cases, food grade hydrogen peroxide, have been successful in reducing or eliminating up to 80% of cancers.

A diagnosis of cancer is not a death sentence. You can eat a proper diet and use organic supplements well before cancer shows up. Raising the pH of your body is often the best preventive treatment. Cancer does not do well in an alkaline environment. Eliminate or reduce refined sugar, soy products, pasteurized dairy and other estrogen-enhancing foods. Most men and women have too much estrogen in their system, which promotes cancer. Eat only organic foods, when possible. Learn about Gerson therapy. Read Andrew Weil's books. Dr. Gerald Jampolsky used laughter to cure his illness. You can practice laughter yoga (founded by Dr. Kataria). If necessary, travel to a country where scientists are still allowed to treat you with controversial machines and processes. Avoid the "pill pushers" (doctors who are more interested in giving you a prescription than in truly understanding your condition).

Above all, do whatever you can to avoid chemotherapy and radiation.* It is a fact that about 90% of all people who undergo these treatments have a recurrence of the cancer in other parts of the body within five to ten years after the treatment. You might be able to "buy time" with such methods, but your quality of life will likely suffer.

In some research it was indicated that cancer resembles an infection, or even a fungus. Learn how to change the environment in which infections and fungus growth can take place. Make your body inhospitable to invading organisms, molds, fungi, harmful bacteria, pollutants and such.

New Energy Systems

Cold Fusion

Once again, these technologies are described in earlier writings, but we want to mention them briefly in this book in case you have not already discovered them for yourself.

Cold fusion involves the fusing of atomic elements, using various catalysts, in such a way as to produce a nuclear reaction with external energy output, at temperatures at or below 100 C. This process was demonstrated in the USA in the early 1990s and again in Japan in more recent times. Although the experiments have been repeated successfully numerous times, the mainstream scientific community still does not take cold fusion seriously.

This is probably because successful application of this technology would render traditional nuclear generators obsolete, along with the billions of dollars invested in such systems. However, it is only a matter of time (and raising of consciousness) before cold fusion applications will be brought into the mainstream.

This author's spirit guides have suggested that by the time this book goes to print, the composite vibration of Earth may be high enough to sustain these devices, at least in certain environments.

Monatomic Elements and Superconductivity

A precursor to zero-point technology, ORMEs (orbitally rearranged monatomic elements) have been produced in laboratories worldwide over the past 20 years, although they vary in potency and purity. A common form precious metal such as gold interacts with a catalyst, such as iridium, to trigger a superconducting resonant field within the electrons of the metal. The ORME form of gold is a white powder.

Some companies sell a watered-down version called ORMUS, which is an ORME product mixed with other agents to render it less potent.

As with any high potency substances, we recommend caution and discernment before ingesting any ORME product.

The basic science of ORMEs is that the atoms in certain substances can form resonant superconducting fields if their vibration is at a certain level. The key to overcoming entropy is to reduce resistance as much as possible, thereby increasing the overall energy of a system. In a superconducting resonant field, resistance drops significantly. As you know from Ohm's Law, as resistance approaches zero, current approaches infinity. Since the physical universe is contained within the etheric universe (where energy is almost infinite), resonant superconducting fields behave like portals into the etheric planes, drawing from the nearly infinite energy of the vacuum. This brings us to our discussion of zero-point devices.

Zero-Point Energy

As we mentioned earlier, the physical universe is contained within a larger, more energetic etheric universe. This etheric realm is connected to the physical through what scientists call the "vacuum" or empty space (which is not really empty but consists of what is commonly called "dark matter" and "dark energy").

Every particle/wave of quantum structure and every atomic nucleus contains mini-black holes or mini-wormholes. Think of these as tunnels into the etheric universe.

Each atomic particle has a quantum value and position within the electromagnetic and gravitational fields. There are three possible states of electromagnetism: plus, minus and neutral. Electricity is typically measured as the degree of potential (polarity) between the negative and positive poles. In every system, however, you can create a point of neutrality, where the charge between poles is exactly balanced. (Technically, you create various positive and negative poles at specific intervals across a rotating or static magnet. At a given point between two positive poles, for instance, there is a specific place where the positive fields balance each other out, and another point where the negative fields also balance each other.) This is the "zero-point" and corresponds to the point at which the tunneling effect between the etheric and physical planes takes place.

By rotating the magnet (or periodically changing the polarity of a static generator, as the case may be), you can alternate between opposite and same-polarity states, thereby drawing energy from the zero-point.

At the point of zero polarity, a resonant field exists, similar to the resonant field of superconductivity present with ORMEs. By tapping into the neutral point of an electromagnetic system, energy from the non-polarized (scalar) domain (the etheric planes) is able to tunnel into the physical universe. This etheric energy can be drawn into an electrical circuit and converted into kinetic energy while applying a constant voltage.

The mathematics for expressing this are rather rigorous, involving multiple variable non-linear vector equations (since real-life systems are not perfectly geometric and factors must be taken into account such as friction, chemical reactions, size of mechanical parts, speed of rotation if the magnetic components rotate about a core), etc.

In addition to perfecting the proportions of an electromagnetically “neutral” system, there are certain geometries existing within the “vacuum” of space that figure into the overall design of a zero-point system.

Let’s take a brief look at some applications of zero-point technology. One such application involves propulsion.

Electromagnetic Propulsion Systems

There are two main propulsion applications of zero-point fields. One is simply to provide a power source for conventionally designed transport devices. For example, a zero-point motor could replace jet engines in a normally shaped aerodynamic machine. However, aerodynamics are not a major factor when the zero-point device is used to manipulate the electromagnetic field around an object.

In flying saucer-shaped transport devices, the actual shape of the device is almost irrelevant, since the craft propels itself by interacting with the surrounding electromagnetic field. The design is only relevant when traveling at slow speeds through atmospheres.

In one of the earlier books, the Founders described tetrahedron-shaped dimensional doorways and how to move up and down the dimensional continuum. A similar idea applies to basic movement through a specific dimension. The zero-point attenuator in the center of a spacecraft dials the “frequency” of surrounding electromagnetic “flux.” When attenuated properly, this action has the effect of partially collapsing the field around the spacecraft in such a way that it propels the craft forward, backward or in any given direction.

This is similar to Einstein’s general relativity principle involving gravity, except that it is applied to electromagnetism. In other words, it involves the bending of space/time, made popular as “warp drive” in the sci-fi program “Star Trek.” While this concept has been around for a while and has even been researched by mainstream physicists, it has yet to be perfected by human beings, even though they have reverse engineered Zeta craft that use this principle.

As the consciousness increases on planet Earth, the quantum field will become more favorable for full-scale application of zero-point propulsion devices. We hope this layman’s explanation has been helpful, and we apologize to those scientists who would have preferred more technical terms to describe zero-point technology.

Applications of New Technologies in Agriculture and Business

Some of the most obvious advantages of the new technologies described herein include the lowering of costs plus the benefits to the environment. For example, if all transport devices were fitted with zero-point generators capable of moving aircraft and spacecraft quickly over great distances, the expense would be a tiny fraction of what it costs today using petroleum products (or even hydrogen).

Imagine shipping food 10,000km across the Earth in a matter of minutes, with a total cost per kilogram of only a few cents. Imagine powering a house for a few dollars per year in operating costs. See the industrial chemicals being spewed into the air at refineries a thing of the past.

Artificial environments could be set up at practically no cost in order to grow nutritious food in any climate. Within a couple of generations, all pollution would cease. The tiny change to the etheric dimensions caused by extracting some of the energy from the vacuum would be insignificant compared to today’s technologies.

The applications of these renewable energy sources, however, cannot be fully enjoyed by

human beings unless they learn how to cooperate and work together in enlightened communities. We have covered this subject in depth in prior writings, but let's take another brief look.

Self-Sufficient Spiritual Communities

We see enlightened communities as the preferred method of living in the coming years on planet Earth.

In this volume, we are not going to discuss specific forms of government or lifestyle, plus you can find that information from other sources. However, we are going to stress the need for souls of similar vibration to come together in these communities. When you have souls of like frequencies desiring to create community, the specific skills and abilities needed will be manifested quickly and easily.

In essence, spiritual communities consisting of individuals with similar levels of vibration resemble the resonant field described earlier. In a resonant field of similar vibrations, resistance is kept to a minimum and so there is an abundance of energy available. Likewise, in a community of people with similar values and vibrations, resistance between humans is also at a minimum.

You can see an example of this in your own daily life. When you are in harmony with someone who is a co-worker, you find that the project goes smoothly and very quickly the work is done. But when you have resistance to the people you are working with, it seems to take forever, with constant revision and you feel drained afterwards.

The amount of resistance you have in life is directly proportional to the amount of pain and struggle you experience. By allowing the law of attraction to bring to you people of similar vibration, you create a resonant field of individuals who naturally work well together.

The biggest problem with spiritual and intentional communities is that the people who comprise them are often vibrating at different levels. Almost anyone can say they are spiritual or ecologically minded, or a great person that everyone gets along with, but can they follow through and "walk their talk?" What is their actual vibration?

Therefore, when building an intentional community it is important to take your time, interview people, get to know them, and see how they feel to the rest of the group. Who resonates and who doesn't?

The law of attraction works well once you have cleared your resistance and remaining karma. Until that time, you will tend to attract souls that you have unfinished business with, as teachers or students, and it is hard to build an enlightened community with people you are constantly working through issues with.

Therefore, you want to be in a co-creative relationship with the people you live and work with and this is not yet very common among the world's intentional communities as of the time of this writing.

Perhaps you have some harmony in one area and not in another. As an example, you might build a house together with relative ease and similar level of expertise, but you might have emotional problems relating to your community mates in a more intimate setting. (The author has learned this one from experience.)

There will be some trial and error when building any community, no matter how enlightened you are (or think you are). The point is to have a high enough level of commitment that you are able to work through the issues without dragging down the entire project. You want to have a way of quickly clearing disagreements and conflict before they strangle the life of the

community.

There is no substitute for working on yourself, clearing your emotions and negative beliefs, and clarifying your purpose for being together.

Over the next 20 years, it will become essential for people to get along with each other in spiritual communities, since they will be the predominant way of life once the existing structures collapse.

We suggest getting familiar with alternative forms of government, economics, agriculture and social projects, and visit existing communities to get an idea of what is working and what is not. This author will be actively participating in several communities in the coming years and will offer his advice as he becomes more proficient at community building.

¹ These statements have not been evaluated by the U.S. Food and Drug Administration. The phrase “avoid chemotherapy...” in no way implies that the author is prescribing, diagnosing, treating or engaging in any unlicensed medical practice. The statements given in this book are for educational purposes only.

CHAPTER 12 — The Enlightenment and Ascension of Humanity

Enlightenment

We have spoken before of enlightenment and have given an in-depth look in “*Soul Integration*.” Allow us to make a few further comments in this book, hopefully not repeating too much of the information.

It is important to point out that there are several definitions for the word “enlightenment.” In this section, we are going to use what has been termed the “ultimate” definition, which cannot really be defined in words. Therefore, we will use metaphors and analogies to describe, or rather point, to the truth that lies forever beyond words.

Let’s use the box analogy. Suppose the “average” person living in this world can be imagined to be imprisoned in a box of his or her own making. This box is small and contained, with dull gray edges and a couple of windows with bars over them. That’s right — it’s a prison, self-made by identifying with limiting emotions and belief systems.

Perhaps a typical scenario will illustrate the dark, drab nature of this small, enclosed prison. In fact, let’s share several examples of varying degrees of unenlightenment in order to get a better idea of what enlightenment is:

John Doe lives at 321 Oak Street, Anytown, USA. His house is a large box in itself, with three bedrooms, each with a window overlooking a shady street with moderate traffic. He is married to Jane Doe, and they have three children of various ages, all enrolled in the nearby public school. John works at a locally-owned bank as a loan manager. His wife works part-time selling HerbaLife products. They attend church at the Methodist Congregation two blocks away. You can see them there every Sunday morning at 10am. The children attend American football and European soccer tryouts, practices and matches every year after school in autumn and spring.

John and Jane believe that Jesus Christ died for their sins and that Jesus is the “only begotten son of God.” They pray before every meal and attempt to be kind-hearted toward their neighbors and the less fortunate. At the same time, they are Republicans who voted for the last Republican candidate for president, who lost the election. They support the American armed forces and every war they have fought. They consider the enemies in those wars to be their enemies. In short, they are “proud to be Americans.”

John and Jane have heard of paranormal realities, UFOs, ETs, psychic phenomenon, channeling and ancient astronauts. They consider this to be science fiction and mostly the work of the devil. They also consider homosexuality and polyamory to be devil-inspired. Basically, anything that contradicts or questions a few carefully-selected passages in the Bible is considered to belong within the realm of Satan. They are what many would term, “conservatives.”

What we’ve just described is a typical life of perhaps 50% of the people living in the USA. Of course many of those 50% are not bank managers, but have lower paying jobs, and many of them are not Christians. But their level of consciousness is similar in that they believe pretty much whatever the mainstream media tells them (or their pastor, priest or rabbi).

We could include many western European countries, such as parts of the United Kingdom, in this assessment. While we’re at it, let’s throw in about half of Canada, Mexico, Australia and a

few other countries.

We could just as easily have chosen a traditional Jewish family, or mainstream Muslims or Hindus, for that matter.

These people are almost completely controlled by their belief systems, which were given to them by their parents, the church, the state, etc. They trust the authorities, including the evening mainstream news channels. By the way, the Does get their news from Fox Broadcasting Company. It must be true because it says they are “fair and balanced.” It wouldn’t say it if it weren’t true.

They trust their pastor because he’s studied the Bible and he says the Bible is the word of God and therefore, everything it says must be true.

For sake of illustration, let’s say the Does live in a 4 x 6 meter box, with a ceiling 3 meters high. Their box is all gray, with a single picture of their town hall, a couch, table, desk, Bible and that’s about it. Oh, don’t forget the jail bars over the windows, which they don’t seem to notice.

Next, let’s meet the Andersons. They are a bit more enlightened than the Does. Mr. Anderson works for an IT company. They make software for flight simulation companies training military pilots. His wife works for the Red Cross and volunteers at the local food bank on weekends. They vote Democratic (not necessarily a more enlightened choice than Republican). They are concerned about the environment. They recycle, drive a hybrid Prius automobile, are worried about global warming, and attend a new thought church called Unitarian Universalist. Their church welcomes all different belief systems, has no dogma or creed and is heavily involved in social welfare projects. They are what many would term, “progressives.”

The Andersons are open to new ideas (to some extent). They consider the possibility that there might be life elsewhere in the universe and are excited about the recent discoveries of exoplanets (revolving around other stars). They are somewhat appalled by the various wars their country has engaged in over the years and often write their senators and congressmen to urge them to vote for peace resolutions. They are sympathetic toward homosexuals and various ethnic groups.

The Andersons live in a larger box. It is tastefully colored in soft pastels, with multiple pleasing pictures, lots of windows with hard to see bars across them, and two extra rooms for variety.

The third fictitious family comprises what society would term “radicals.” They are an extended household of activists and former hippies who question authority and are engaged in various anti-war rallies and protest marches against government tyranny.

They have a backyard garden and grow organic vegetables. They are vocal against genetically modified foods and big corporate polluters. Three of the members are in an “open relationship,” meaning two men “share” one of the women members of the group. There are also two lesbians who share one of the upstairs bedrooms.

The members of this family believe that there is an evil conspiracy to enslave the masses of humanity and that these authorities are driven by the profit motive. It’s all about the almighty dollar (or euro, or pound, or whatever). They have read numerous books by various activists and have dabbled a bit into the metaphysical area as well; just enough to know that there is more to life than the scenarios painted by the puppet masters. In fact, they know that the presidents and prime ministers are largely controlled by forces behind the scenes, especially the banking cartels. They desire to see a world free of the authoritarian regimes that seem to be everywhere. In essence, they are true rebels.

This group is still living in a box, although they have broken out of some of the more constraining walls. You could say they knocked out many walls and found themselves in a much larger box with breathing room. Their box is brightly colored, with many rooms, each with a different motif. The ceilings are high and vaulted, with lots of creative windows. In fact, there is a second story where they are able to view a lot of the more mundane activities of life from a higher perspective.

The fourth fictitious group has attained a degree of higher awareness. We will call them the “new agers.” They have become attracted to meditation, prayer, ritual, celebration, crystals, self-help books, retreats, workshops, yoga and holistic healing modalities.

Some of the members have had what are termed “religious experiences,” perhaps seeing angels in their third eye, or having voices speak to the inner ear. They are familiar with many self-help and new age gurus, such as Eckhart Tolle, Deepak Chopra, Marianne Williamson, etc.

They have also studied metaphysics extensively and are familiar with “A Course in Miracles,” as well as earlier texts such as “A Science of Mind,” and the works of Edgar Cayce. They believe in karma and have been to various channels and intuitives, perhaps getting a psychic reading at some point.

Some of them have been to therapists and have had a past life regression. They know there is a higher purpose in life, but their main focus is on fixing what’s “wrong” with them so they can ascend to higher states of being.

They visualize world peace and support various prayer groups around the world. They see Christ as a world teacher, but not the only teacher. Yogis and gurus are also their teachers.

This group has a beautiful box, very large, with many highly decorated and fancy rooms. Their box has multiple floors, with crystals and chandeliers and original visionary art on the walls.

They might even believe they no longer live in a box, but if you look closely, you can still see the jail bars on the windows and they never actually venture outside their very large and accommodating box. They are not yet enlightened, although they seem to be awakening to some extent.

The fifth fictitious group is comprised of what you might call teachers, lightworkers or wayshowers. They have all been working on themselves for many years and are serious and dedicated. They meditate regularly and take good care of their bodies. They are well-disciplined in body and mind. They have had numerous higher dimensional experiences and have learned to give and receive unconditional love, to a large extent. They still have human emotional issues and challenges, but they tackle them head-on and rarely get caught in victim mentality.

Their minds are often calm and peaceful, as they have learned to watch their thoughts and feel their feelings. They believe they are co-creators with God and have a purpose and mission for being on Earth, and they are dedicated to fulfilling that purpose and mission to the best of their ability.

They have had numerous higher dimensional experiences and know that the universe is much larger than they are currently capable of perceiving. This brings a degree of humility, although some are still struggling with their egos from time to time.

Many in this group have followed gurus or saints, but eventually felt limited by the teachings of a particular teacher and broke away to start their own teachings. They are therapists and healers who truly care about others and are contributing to making the world a better place.

The members of this group are still living in a box, but it is a magnificent palace, with

multiple floors and rooms and a big expansive “outdoors” that is still within the confines of their realm. Many have convinced themselves that they are enlightened, but they have merely attained an intermediate level of consciousness beyond the duality of karma and constant struggle. You could say they have reached a fifth density consciousness.

True enlightenment is still beyond this level. Although they have learned how to change reality from the inside out, the fifth group is not yet completely free of limiting beliefs and experiences. They have traded a limited reality for a more expansive one, but there are still limits in place. They still perceive themselves as separate from God, even though they have expanded their aspects of self to include more of reality.

If you ask someone from the fifth group who they are, they will come up with many higher ideas, such as being “One with God,” or “co-creators with God,” but these are still ideas and concepts. They are still caught in thought, although the thoughts are more lofty and all-encompassing.

What does it mean to be completely outside the box — to have no limits whatsoever on your consciousness? Perhaps those closest to breaking completely free are like the Zen monks who use a simple philosophy. No matter how lofty or amazing an experience seems to be, they simply say to themselves, “It’s not this.”

Remember back to the exercise from an earlier book wherein you pretended for a moment that everything you think you are, you are not, and everything you think you are not, is what you really are? This is similar to the idea of pondering the question, “Who are you?” day after day, hour after hour, until the mind falls completely silent and you simply have a direct experience that is beyond all thoughts and feelings.

Obviously it is not easy to go completely outside the box. In fact, to do so requires a sort of “ego death.” You must let go of all that you think you are, including the lofty thoughts you have adopted about your true nature.

Many teachers have said that even the desire for enlightenment must fall away in the end.

Ascension — The Stages

There is a difference between enlightenment and ascension. Enlightenment is a state of consciousness that has been described not only in the previous section (and earlier writings) but by numerous teachers throughout history. In essence, you can reach a state of enlightenment without going through ascension. However, there must be some degree of enlightenment present during ascension. A limited, but sometimes useful view of the difference can be illustrated by the idea that enlightenment is of the mind and ascension is of the body and soul.

Ascension has two meanings. First, there is a general definition that means, “The elevating of one’s consciousness to higher states.” In other words, this is rising above the everyday perceptions of the world and seeing the bigger picture.

There is another more technical meaning that we have defined before: “The transition from fourth density to fifth density vibration.” This transition occurs first in consciousness and then precipitates down into the physical realm (including the physical body). There are two types of technical ascension, spiritual ascension and physical ascension. Spiritual ascension means attaining a high state of consciousness and then leaving the body behind and ascending into the celestial planes (seventh density and above), reuniting with the parent part of your soul. Physical ascension means all of the above, but taking your body with you, transforming it into a

crystalline etheric body of light.

In the past we have detailed some of the biological changes associated with physical ascension. Below we are making a checklist of what is required in order to go through the next stage in the evolution of humanity.

Dissociating from the Old World Beliefs

The first step in the ascension process is to let go of all belief systems, thoughts, feelings, emotions, personality traits, behaviors and perceptions that have to do with the traditional, old world viewpoint on life.

In the section on enlightenment, we detailed what it means to be “outside the box” in consciousness, and for ascension to take place it is necessary to break out of a similar box, perhaps including the physical and emotional realms.

For spiritual ascension, you must resolve karma (unfinished soul lessons). That means coming to completion with unresolved issues, especially in your personal relationships.

For physical ascension, we must not only let go of our core negative beliefs, but also the “sacred cows” that were detailed in earlier writings. For a brief review, here are some of the “sacred cows” we must clear out of our consciousness prior to physical ascension. This is a partial list:

“The body must grow old and die.” (This is true only in the entropic realms, which can be transcended while in a physical body.)

“Nothing is certain except death and taxes.” (Both have been proven to be far from absolutes.)

“Immortality is only for a few yogis high in the mountains.” (This is true for the most part, but it is changing.)

“I cannot be happy all the time.” (Again, this is true until you reach a certain state of consciousness.)

“Everything is love and light.” (Perhaps in the higher realms beyond duality is true, but not on planet Earth, at least not yet.)

“I must struggle to reach enlightenment.”

“Ascension is for the chosen ones.”

“I must give up the world in order to ascend.”

(These last three are proven false when we consider that everything is God and that everyone has the capability of creating like our Creator. Regarding the idea of relinquishment, it is your attachment to the world that must be given up, not the world itself.)

As you let go of the core belief systems and sacred cows, we urge you not to give up your sense of discernment. We are not suggesting that you blindly believe anything that a teacher of ascension tells you. It is suggested that you research the things being said here. Go deeply into the above belief systems and discover for yourself why they are not absolute truths.

Earlier we gave the example of gravity. On Earth everyone is subjected to it, even the yogis who levitate. They are not defying the law of gravity; they are simply demonstrating a more powerful law that supersedes it. But when you go out in space, gravity loses its significance. It still exists, but you have moved beyond its domain.

“As above, so below” means that the laws that govern the cosmos also govern Earth. Gravity exists in the heavens as well as on Earth, but it has a different significance and effect.

In addition, there are many invisible laws, including some that scientists have not yet discovered.

Some teachings suggest that conditions in the cosmos are the same as conditions on Earth. This may be true regarding universal laws, but as soon as you go beyond the realms of duality, you become aware of a different set of laws that have always existed but were not apparent as long as you were stuck in illusions.

As stated previously, the law of “as above, so below” has been cited to prove that strife and warfare exist in the higher dimensions as well as the lower ones. This is not so. The “above” referred to in this case pertains to the physical and astral heavens, not the more refined levels.

Our point in repeating earlier material is to help you see that it matters not where a belief comes from or to what realms it pertains. It is still a belief, and it is necessary to go beyond all beliefs on the path of enlightenment and ascension.

As you let go of the belief systems of the masses on Earth, you enter a different dimension of time and space. At first, you may be able to interact with those who are still caught in duality, but you are not perceiving life the same way they are. We are reminded of the Zen expression, “Before enlightenment, carry water and chop wood; after enlightenment, carry water and chop wood.”

You may not necessarily be able to tell if a soul is enlightened simply by outer observation. Likewise, an ascending soul might not always be obvious to the lesser-evolved.

The question arises, “How can I carry on my mission and purpose in life and still be surrounded by negative people?” If you are in the helping professions, you know about “burnout.” This is a condition experienced by those therapists and healers who have not learned to completely detach from the drama and trauma of their clients.

As long as you have some unresolved emotional attachments or negative belief systems, you are subject to the negativity of the world in one form or another. However, as you totally and completely release all of your attachments and illusions, you are able to function in the world without being negatively affected by it.

Becoming Psychologically Invisible

A related idea is the phenomenon of “psychological invisibility.” This means that because your reality is so different from the reality of those around you, they essentially do not even see you. Yes, their physical eyes can register the presence of another human being (you) in their midst, but there is no psychological recognition because you have nothing in common and, therefore, nothing that would attract you to each other.

Unless you have a karmic contract or other agreement to be a teacher to someone wandering in darkness, you have no reason to be attracted to each other and so you are like ships passing in the night. This can be extremely useful, such as in the case of building intentional communities of light in otherwise dangerous areas.

Imagine having an abundance of food, energy and shelter for you and your fellow lightworkers, while millions of starving and desperate souls are living all around you (or trying to live). Without psychological invisibility, your community might be overrun by these desperate souls. In other words, they could barge onto your property and rape and pillage everything in sight.

Maintaining an ascended field of consciousness is the best force field or defense system possible to keep out those who would do you harm. Ironically, those communities that put up physical force fields, high fences, armed guards at every entrance, etc., are more likely to experience problems, since the fear present in those communities will draw fearful experiences to them. They might be the ones bombed from airplanes, or eradicated through releases of toxic

chemicals that can get through their so-called defenses.

We are not suggesting you become blissfully unaware of the negativity around you. On the contrary, you need to see and understand it totally before you can truly transcend it. We also suggest you send a lot of love and compassion to those who are suffering outside your community. They are your brothers and sisters who have not made the transition into the light. You are not yet at the level where you can take all of them in, feed and clothe them, and teach them higher truths. Recognizing your limitations, even amidst your higher consciousness, is essential.

The higher beings of light in the celestial planes understand their limitations and that is why they do not try and force their will on human beings, even though many of them have the technology to eradicate hunger and poverty on Earth.

You might occasionally be guided to open your community to someone from the desperate regions outside, but only when you receive clear and accurate guidance to do so. You are not isolating yourselves within your little haven, but rather, living in an alternate dimension from which you can be far more effective at helping the planet than you would be if you were overrun by desperate people in search of food and water.

At some point in your ascension process, you will actually become physically invisible to those in the lower dimensions. We will have more to say about that later.

Ending the Aging Process

You will recall that we stated that entropy exists only in the lower dimensions of the creation. This tendency for things in the physical to wear out, grow old or die is part of entropy.

In any system, energy *in* must equal or exceed energy *out* in order for something to maintain itself. From the moment a soul enters into the lower realms, there is dissipation of energy. Unless there is a constant recharge, the physical body cannot remain for very long. Yes, it's a little like a battery-powered device.

If this is true, exactly how does energy get dissipated and how can we increase the recharging? In other words, if we want to keep the body youthful indefinitely, we must accurately determine how and why there is more energy going out than coming in. One of our previous books showed the parts of this equation. Let us summarize.

What are the sources of incoming energy? 1 — photosynthesis, or energy from the sun and stars, 2 — energy from food consumed, 3 — energy from the atmosphere we breathe, 4 — energy from the etheric planes (the vacuum) as well as other higher dimensions that interact and interface with the physical, and 5 — energy directly from Source.

What are the sources of outgoing energy? 1 — physical activity (kinetic energy expended), 2 — negative thinking and negative emotions, 3 — adverse radiation, and 4 — defective DNA patterning, or DNA pre-designed to wear out (planned obsolescence).

Obviously if we want to extend the life of the physical body, we must increase the qualities pertaining to the incoming energy and decrease the qualities pertaining to outgoing energy. How do we do this? 1 — Increase exposure to sunlight and radiation from stars (in other words, get outdoors, perhaps learn sungazing); 2 — Consume high quality food in proper amounts (excessive food intake burdens the body, which then requires more of its systems to process and/or eliminate the excess food); 3 — Increase the effectiveness of breathing; 4 — Tune in to the higher dimensions and receive energy through direct transmission; and 5 — Meditate, pray and ask God to recharge the body.

Now to the other side of the equation: 1 — Reduce physical activity, or conduct physical

activity that actually recharges the body instead of dissipating energy; 2 — Reduce or eliminate negative thinking and emotions — they are a major source of energy depletion; 3 — Find ways to eliminate adverse radiation, meaning energy sources that cause malfunctioning of bodily systems. This has been a major stumbling block for several ET races as well as human beings. Certain groups are looking into ways of reducing adverse radiation; and 4 — Repairing and transmuting defective DNA patterning. Using stem cells and “immortal strands” to regenerate broken-down tissues and pathways in the body.

Let’s talk about number 4 in the dissipation side of the equation for a moment. Your scientists are busy learning how to transfer stem cells into depleted areas of the body’s cellular structure. In essence, this is exactly what ascension is all about. Souls that are ascending are moving into resonance with the higher frequencies of the universe and as a result, more energy is coming into all six lower bodies, thereby recharging them faster and faster. Such infusion of light repairs DNA strands and/or converts them to immortal formats. This, combined with the activities designed to reduce entropy, will give you a physical body that does not age, grow old and die.

Why has it been so difficult to achieve this? Why have so few souls attained physical immortality?

One reason is what rebirthers call the “death wish.” There are a lot of belief systems stating that it is “better up there” in the heavenly realms than it is here on Earth. Many souls feel they are just doing time on this planet; they feel this is a penal colony (and it has been for some of the “laggard” souls).

Technically, this is part of the negative thinking category (above), but remember, thoughts are very powerful and so are emotions. As long as you are making the physical plane wrong (overtly or in a more subtle fashion), you are perpetuating the separation, which means you seem to be cut off from the methods of recharge that help balance the energy equation.

As you know, the belief in separation is the dominant thought system in 99% of the population, so that means maybe 1% are able to restore the energy coming directly from God enough to make a difference in their health and longevity.

Incidentally, vitamins, minerals, super-greens, and other vital nutrients are actually part of counteracting the entropy side of the equation, because these substances help repair damaged strands of DNA due to oxidation (damage from free radicals), etc.

So as a soul ascends, the increase in etheric and higher dimensional energies begins to balance out the sides of the equation until eventually the soul stops aging. At what point does this occur?

Generally, the consciousness of a soul needs to be higher than 5.00 on this channel’s density scale, and the vibration of the physical body needs to be higher than 4.50. Less than 1% of humanity falls into this category.

Of course the number of physically immortal humans is extremely small, so it takes more than just meeting the minimum vibrational requirements. After all, there are nine factors making up the immortality equation and entering into higher vibrations is only one of these.

Transmuting Negativity

Equally important to opening up to higher frequencies is the ability to transmute negativity. This has been extremely difficult, especially for souls coming directly to Earth from higher dimensions. Such souls have higher density bodies specially designed to operate at higher frequencies, and when such bodies are exposed to the lower density levels of Earth, they run into great difficulties.

For thousands of years, the level of negativity on Earth has been so extreme that only a few

yogis living high in the mountains have been able to overcome the entropic effects of this negative energy.

Souls going about their daily business on Earth might perceive that we are exaggerating here because it is often hard to detect this negative force acting upon the physical body. After all, most human beings do not even notice “aging” until they reach their 30s or 40s. But little by little, the negativity builds up, eventually causing illness and disease.

So how do we transmute negativity? With help from the higher realms and a lot of prayer and meditation. By surrounding ourselves with higher vibrational spirit entities that are not affected by the negativity on Earth. By refusing to buy into negative belief systems. By abstaining from being a part of the popular “death and taxes” mindset. Through rekindling a love of life in the physical and looking forward to beautiful, exciting experiences while being in a body. (It is a well-known fact that those who “retire” from a lifelong occupation often die within two or three years of leaving their profession if they are not actively looking forward to something during retirement. This means souls who wish to remain in a healthy body following retirement need to engage in hobbies, part-time businesses, travel, excitement, adventure and especially spiritual practices.)

It is vital to use all the tools available to you to transmute negativity, including forgiveness, deep breathing, various therapies, healing modalities and of course, meditation. Regarding negativity in the world, if you start to fall into judgment upon seeing some of the atrocities being committed on Earth, stop and release the judgment as soon as you feel the familiar tightening in the chest, sinking feeling in the solar plexus, pain in the head, etc. Pay close attention to how you feel in the presence of others. If you are getting tired and it’s only nine o’clock in the evening at the party or dinner (and you have not over-eaten or over-drunk), then it is entirely possible that one or more people at your party or dinner is draining your energy. They may be doing it unconsciously, but you need to take steps to protect or remove yourself from the festivities.

Use a spiritual protection technique and then focus on drawing higher frequency energies into your body during any situation that exposes you to negativity. Your body is your best friend when it comes to determining what is right for you on your path. Unless you abuse it with bad food and excessive drink or drugs, or are sleep deprived, your body will partner with your intuition to show you what steps to take in any given situation.

We didn’t mention it until now, but getting the proper amount of sleep is also important in balancing your aging equation. The amount may vary depending on how much stress you have, where you are located and the people around you. For most people, it’s six to eight hours per night, but some do fine on four or five hours. If you find you need more than ten hours of sleep per night, something is probably out of balance. (After a serious illness or injury, your body might want this much sleep while it repairs itself.)

Changing the Cellular Structure of the Body

As you progress along the path, you will find the cellular structure of your body beginning to shift. You might start needing less sleep than before. Your dreams might change. You might sense a current of energy flowing through your body. Certain features may revert to earlier states, meaning that you are “youthing” instead of aging. Once you reach about 4.50 in physical vibration, you might start looking and feeling younger. At first it might be an occasional experience, but over time this will increase in frequency. There will likely be a period when you seem to get more sensitive, especially to negative vibrations. However, this is usually temporary. At some point, you will actually become less sensitive because your body is building up its

“etheric” defenses and repelling negative vibrations. Nevertheless, if your physical vibration is more than 0.50 levels higher than the Earth’s vibration, you may encounter difficulties.

If you go through periods where you seem to require more sleep rather than less, or loud noises and lights at night start bothering you more than usual, do not despair. Chances are you are simply adjusting to changing frequencies and this will pass, maybe in a few months or years at most.

Honor the requests of your body. Find a still, dark, quiet place when you feel overwhelmed. Sleep in the nude or wear light, loose-fitting cotton clothing when you are resting. Make sure there are no bright lights coming into your bedroom. High vibrational music softly playing as you go to sleep can be very helpful. Before falling asleep, invoke God’s golden, radiant, loving light and ask that you be completely protected on all levels of your being during your sleep state.

Old illnesses and injuries might seem to reappear from time to time as your body goes through cellular mutation. This is because there are often old layers of negativity that have not been completely healed and they may rise to the surface to be released. If you have recurring patterns of illness or injury, there is probably a difficult layer you still need to heal that has never been properly dealt with. Be patient and loving with yourself as you clear out old negative thoughts and emotions that you thought you had already cleared.

Do not fall into the trap of becoming impatient with your ascension process. We see a lot of people engaging in practices that are too much for the physical body because they are trying to force it to grow and change faster. Let your body tell you if it is ready for a raw vegan diet, or six hours a day of Kriya yoga. If you get frequent headaches, cannot sleep at night and suffer excessive aches and pains with no apparent reason, you might be bringing too much energy into your body and the energy is getting stuck as it tries to exit. It is important to balance rest and exercise. Find the perfect equilibrium. Your body will tell you when you are in balance because it will feel light, clear and energetic, but not too energetic or restless.

Radiating Light

As you move more and more into ascension, your body takes on a radiance and eventually starts emitting light. Your cells convert from a carbon-based form to a silicon-based one. Not all the cells are converted at once. This would likely cause the death of the physical body, since it contains an intricate network of subsystems, many of which cannot function if the change is too great or sudden.

If you have studied this writer’s vibrational system, you will see that the body usually lags behind the consciousness, sometimes by over one whole level. This is because the consciousness is composed of all the levels of being, including the physical, but the body is the slowest level to integrate higher energies (along with the lower astral self).

We have talked before about how souls can evolve very fast and far in consciousness without having a lot of physical evolution. This explains why you can have highly aware teachers, gurus and saints that have not resolved basic human issues. Often, their followers become disillusioned because the teacher get involved in a sex scandal, or dies unexpectedly, or becomes overly attracted to money and material things.

You could say, with some validity, that such a soul is not really as evolved as he or she might seem at first glance, but indeed it is possible to reach a state of enlightenment and high vibration consciously without having integrated some of the basic human conditions.

In this channel’s very first book, *“Life on the Cutting Edge,”* he devoted a chapter to the “Gods of Denial.” The idea here is that many teachers become attached to their image of spiritual

greatness and take short-cuts around their physical and emotional bodies, often denying or suppressing basic human feelings.

The highly refined ego of such souls might rationalize that revealing the unresolved human issues would somehow compromise the teachings or render the teacher “vulnerable” in undesirable ways. This is confusing spiritual perfection with physical human perfection, which does not actually exist.

A truly evolved teacher will acknowledge the imperfect little human self and have love and compassion for it. He will not hide behind lofty-sounding language and platitudes. Even Jesus got angry with the money-changers in the temple.

Acknowledging your human side and the fact that it grows more slowly than the other levels of being is to remain humble and firmly in touch with reality. You should do everything you can to help evolve the lower self, including freely admitting your physical and emotional addictions, behaviors, patterns and programming.

This is not to say that you should debase yourself and focus on weaknesses to the exclusion of your magnificence. Remember that you are a wonderful, perfect, spiritual being having an imperfect and humbling human experience.

Building Your Etheric Crystal Light Body

As you continue to ascend, the physical glow around your body becomes stronger and brighter and the conversion from carbon to silicon-based cells grows at an exponential rate until 20, 30 or 40 years after it begins, the ascension process into a fifth density crystal light body is complete.

Up until recently, the Earth herself was not at a sufficient vibration to support the physical ascension of souls. To date, only a few yogis high in the mountains have been able to fully convert their physical forms into the light body.

However, in the days, weeks, months and years ahead, more and more souls will reach a fifth density physical vibration, overcoming death and becoming impervious to environmental toxins and hazards. As stated numerous times in past writings, about three-tenths of one percent of humanity is on the path of physical ascension.

This does not mean that ascension is guaranteed for these souls. Because this is a free will universe, unexpected things can still happen, especially if the degree of commitment to attaining the light body is not solid. Souls can change their mind and exit the body during their ascension process. Accidents can still happen, although they become quite rare, since most of the time the soul is in touch with the psychic and intuitive faculties and can foresee danger in time to avoid it.

The biggest stumbling block is the refusal to acknowledge the imperfections of the human self until they end up sabotaging the evolving soul and in some cases causing him to leave his body. In such case, it is only a tragedy from the ego’s viewpoint. The soul merely evaluates the lifetime just departed and determines whether it is in the soul’s best interests to attempt physical ascension again.

Once the crystal light body is fully formed, its death becomes impossible, although it can be dismantled or dissolved and another form taken at some point. Usually the fifth density light body continues to evolve into a sixth density causal light vehicle and becomes increasingly protected by the Merkabah vehicle of light.

Building the Merkabah Vehicle of Light

There is a lot of misinformation about the Merkabah vehicle of light. Several well-meaning teachers have received information from their spirit guides regarding the building of the Merkabah, but most are confusing a fifth density process with a sixth density one.

Also, it is not necessary to do anything to build your Merkabah. The caterpillar does not go to weekend workshops to learn how to become a butterfly. Building the Merkabah is a natural process that occurs once a soul has reached approximately 5.50 in physical vibration.

This is not to say that it is wrong to study the Merkabah and learn what it is and how it works. However, a lot of souls are impatient to build their Merkabahs, just as they want to hurry up the ascension process. They go to weekend workshops and repeat series of numbers, hoping that somehow their Merkabah will magically appear overnight. There is one teacher that even has a “new improved version” of the Merkabah, or a Merkabah 2.0. We are not making this up.

Once again, dear readers, use discernment when investigating any material (including this book) that talks about ascension and the Merkabah.

So what exactly is the Merkabah? What is its purpose?

The Merkabah is a geometric construct that surrounds the etheric crystal light body as it is ascending into the causal planes. When the physical form reaches about 5.50 in vibration, this sacred geometry begins to solidify in the upper etheric planes and eventually surrounds the light body sufficiently to serve as a vehicle for transport through different dimensions of time and space.

If your body is currently in fourth density, a rudimentary version of the Merkabah is already beginning to form and some clairvoyants can see it. Unlike the aura, it does not expand or contract, but remains fairly constant about 2-1/2 meters out from the body in all directions. To some, it appears like a geodesic dome made out of light filaments. Because it is technically in the sixth density, it does not conflict or interfere with the aura or the Merkabahs of other souls.

How do you develop the Merkabah? Simply by allowing the natural process of ascension to happen and not interfering with the process. You must release negative belief systems and impatience. Yes, you need to clear, purify, cleanse, purge and release all that is not part of the ascension frequency. Allowing the process to unfold does not mean having a lazy countenance or expecting God to do everything for you. Allowing is an active process, but not something the mind is in control of. You must still be vigilant against negativity on any level or dimension because that can interfere with your ascension process and Merkabah formation.

There is an excellent video that depicts the Merkabah, produced by Hurtak and Fazzoli, entitled “Voyage of the Merkabah: Journey of a Starseed.” You can get a copy on the Internet.

Becoming Physically Invisible

Once you ascend beyond two levels above other souls, you literally begin to disappear from their perspective. This means if you are vibrating at 5.50 in your physical form, and a human being vibrating at 3.50 approaches you, it is entirely possible this person will not see you, not psychologically and not physically. This two-level rule is a rough estimate that does not always apply, but is fairly reliable. Generally, physical senses are equipped to see up to two density levels in each direction from where you are. (In this instance, we are including the mineral and plant kingdoms as part of the 3D reality.) This means as you head into the middle of fifth density, you move outside the range of ordinary human sight.

Not all extraterrestrials that seem to be invisible are vibrating at 5.50 or higher. Some have cloaking devices or have learned how to “phase-shift” themselves out of the visible spectrum. You still must use discernment when communicating with your “invisible friends.”

Some souls have a well-developed clairvoyance and may be able to see you even if you are more than two levels beyond the vibration of the clairvoyant person. Of course, the higher you ascend, the easier it is to communicate with those who are residing in the very high dimensions well beyond your visual range.

We hope we have not duplicated the material you have already read about ascension and the Merkabah, and if this is your first exposure to these ideas, please investigate, explore and research various sources in order to get a clearer picture of what lies ahead for the lightworkers.

CHAPTER 13 — What to Do Next

After reading the above information, you may be feeling overwhelmed, not knowing where to start to move forward into the next stage of your life. Below is some practical advice to help you move out of the lower states of consciousness and into the realms of joy, peace, harmony and prosperity.

How to Raise Your Vibration and Keep it High

The most important thing you can do is learn how to raise your vibration and keep it high no matter where you are or who you are with. The following are some practical tools you can use in your everyday life.

Regardless of your living situation, financial status or level of health, it is possible to do several rather simple exercises and processes every day to start lifting yourself out of any perceived “stuck” spaces.

The first and most important step is made possible by the Internet, social media, and support groups and forums.

You may recall that in many of the teachings of this channel and his spirit guides, you are advised to “be the light of the world” and to shine your light in much the same way as a lighthouse shines. Lighthouses are not built in safe places, and you are not in a safe place by being incarnate on Earth. Nevertheless, you can create a level of safety for yourself based on your ability to infuse yourself with the Light of God.

Every day, as often as you can remember, invoke God’s golden, radiant, loving light to enfold and envelope you, and to keep you safe from all manner of negativity. This is always the first step. However, we realize it is not easy to keep your vibration up at all times, especially while you are being a lighthouse, overlooking dangerous cliffs, treacherous waters, and howling winds.

As a lighthouse, spirit may be directing you to work in the cities, with souls who have deeply ingrained negative patterns, both physically and psychologically. You may be sent to areas scarred with wars, poverty, famine, plague or all manner of disharmony. Just because you are sent to problem areas does not mean you must stay there continuously and never take a break. In fact, it is essential to take breaks, to get away from the “front lines.”

We recommend retreats, vacations, trips to tropical places (if possible), and above all, the number one thing necessary to raise your vibration — spending time with positive people, preferably high vibrational people.

You may be wondering how to do this, especially if you live in a place where it seems there are no high vibrational people, or you have a steady stream of clients or students wanting healing. Fortunately, you have the Internet, and if the Internet is not available, you have Mother Nature. So here are the basic steps to keeping your vibration up.

- a. Find people in your area that have a high vibration. This may involve researching metaphysical bookstores, holistic healers, meditation groups, Reiki practitioners, yoga studios, natural food stores, etc.
- b. If none of these are present where you live and you have a good Internet connection, do online research. Find support groups, online forums, spiritual discussion groups,

metaphysical websites, ascension information, etc. Reach out and connect with people who are offering these services or chat with students of a teaching you admire.

- c. Get out into nature, even if it is winter. If you live in a crowded city, this will be more difficult, but it can be arranged. Walk through public parks, take quieter side streets or take the bus to a nature preserve outside the city.
- d. Spend time in meditation and quiet reflection. Meditation does not need to be sitting in a lotus posture if you find that difficult. Put on quiet, uplifting music. Light candles. Put pictures of masters and archangels on your walls. Unplug the phone and computer. Spend 15 or 20 minutes twice per day in meditation. Listen to a meditation CD (by this author or someone else you trust).
- e. Consciously invoke the power and presence of your higher self, God Self, spirit guides, archangels, ascended masters, or go directly to God and ask the Source to speak and express through you.
- f. Take care of your physical body. Give it high quality food and pure water. Breathe deeply. Get regular bodywork/massage. Try to find natural remedies instead of dangerous pharmaceuticals, when possible. Avoid toxic substances as much as you can (in our modern world it is not possible to completely avoid pollution, but you can minimize it).
- g. Become aware of those with a negative vibration and spend less time with them. Learn to say “No” to those who are energy vampires, who suck your energy (usually without being aware of what they are doing).
- h. Take workshops on personal growth regularly. Become familiar with teachers you trust and feel safe with. Stay with a spiritual program unless it clearly does not feel right to you. Push yourself a little. Be on time for workshops and personal appointments. Do not make excuses for bad behaviors.
- i. Love yourself. Look in the mirror every day and say, “I love you” to the person looking back. Stop judging yourself. Learn to forgive yourself and others. Know that you deserve the Kingdom of Heaven because you are a child of God, created in the image and likeness of the Creator. The Kingdom is here and now on planet Earth, if you raise your vibration sufficiently.
- j. Relax. Meditate. Let go of the past. Know that you are worthy. Know that enlightenment is inevitable.

How to Develop Your Psychic and Intuitive Abilities

Everyone is psychic. Everyone is intuitive. Some souls, such as well-known psychics Edgar Cayce and Uri Geller, elevated their psychic abilities to a fine art, helping thousands of people. Others are able to function psychically in relative obscurity.

It is impossible to be 100% accurate with psychic awareness, especially when predicting the future. This is due primarily to free will, along with the necessity of bypassing the conscious mind’s memory of people, places and events. Most good psychics have an accuracy range of 80 to 90 percent.

Even if you do not consider yourself to be psychic, there is a good chance that if tested for accuracy, you would score between 60 and 80 percent as long as you can go into meditation prior to practicing.

There are many techniques for developing psychic and intuitive abilities. In actuality, all that is required is for your brain synapses to connect properly between what is commonly called the

tensor and cortex regions of the brain. As with developing strong muscles, the key is regular practice. It has been documented that neurons and the synapses that connect them require regular use in order to function effectively. The expression “use it or lose it” is partially true, except that you never permanently lose your abilities, they simply go dormant.

Regular meditation, along with visualization exercises, hypnotherapy, affirmations and other subconscious mind reprogramming tools are recommended. This author has a meditation on developing your psychic and intuitive abilities. It takes about 40 minutes. First you go deep into a theta brain wave state and then are given visualizations and affirmations (autosuggestions) designed to reprogram your subconscious mind to help fire the correct synapses in the brain.

You can also ask your spirit guides to help you open up your synapses. Due to the frequency fence, there is typically a lot of interference when trying to perceive accurately. As the frequency fence is broken down during the next 20 to 30 years, more and more souls will experience accurate psychic functioning.

Some of the techniques you can practice include the mental screen, where you visualize different colors and places to get your image-making faculties developed and then start asking “Yes” or “No” questions, while visualizing the answer on a mental screen. Basically, you start by calibrating, which means asking “Yes” or “No” questions that you already have the answer for, such as “My name is (correct name)” and “My name is (incorrect name).” Every time you say the correct name, visualize a big, black “YES” on your mental screen. Every time you say the incorrect name, visualize a small red “NO” on your mental screen.

You can also use kinesiology techniques, such as raising your arm and applying downward pressure on it. A strong arm is a “Yes” and a weak arm is a “No.”

Once you have calibrated your “Yes” and “No” answers, you can start asking questions that your conscious mind does not have answers for, such as “Is it raining in New Delhi, India?” Unless you live there or have just talked to someone who is living there, you probably don’t know the answer prior to doing the exercise. Yet, after you guess the answer, you can access weather maps that can verify whether or not it is raining there. So this is a good example for practice.

When you use this technique, the “Yes” and “No” answers might toggle back and forth a few times within your inner vision before landing on a final position. Also, check with your body. A “Yes” feels strong and vibrant, a “No” feels weak and tired. Remember to ask questions that you can verify the answers to, and don’t be too concerned if your accuracy is not up to 80%. This takes persistence.

You can also practice telepathy, although this is usually more difficult. It’s best to work with a partner, using pieces of paper, where you write symbols or the names of colors. It is easier to transmit messages telepathically through images or colors than it is linguistically.

For example, think of a color and have your friend write down the name of the color, while you do the same on your piece of paper. If you are the transmitter, try not to think of anything but your color. Do not let the color toggle back and forth with other colors. Think ONLY of the color you wish to transmit. Before you begin transmitting, quiet your mind. Go into meditation. Ask your higher self to make you an effective transmitter.

Telepathy is difficult because you need to have four conditions met before it will be consistently successful. You must be both a good transmitter and receiver, and your partner must also be a good transmitter and receiver. If any one of these four conditions is not met, you will have mixed results.

It’s best not to have any expectations regarding accuracy. If you try too hard, your accuracy

will go down. Simply relax and see what happens. If you use symbols, you might get some part of a symbol correct, while other parts will be out of alignment. For example, if you visualize a cross with a circle around it, your partner might pick up the cross, or might guess the circle, but not get both.

Remember to be completely relaxed, both when transmitting and receiving.

Details on the mechanics of telepathy are given in the author's very first book, *"Life On the Cutting Edge, 2nd Edition,"* which should be available later in 2015.

Regarding intuition, the main difference between intuitive awareness and psychic awareness is that intuition is usually felt (as an inner knowing), while psychic perception is seen (with the inner eye) or heard (with the inner ear). You can also have a psychic sense, clairsentience, which is a perceptual sense of feeling that is different from intuitive inner knowing. For example, if you feel a being brush up against you from the astral or etheric realm, that is clairsentience, while the inner knowing that this being is of the light would be an intuitive perception.

Psychic and intuitive abilities are developed slowly and naturally over time even if you don't work on them. If you do techniques to enhance your abilities, always make sure you ask that these abilities be used for the highest and best soul growth, happiness and well-being of yourself and humanity (as well as being of assistance to any extraterrestrial beings that may be involved). If you have any doubt whatsoever that you will use your abilities wisely and lovingly, then you are not ready to develop them consciously.

Many spiritual teachers discourage the development of psychic and intuitive abilities, claiming that they can become a distraction on the spiritual path. In essence, anything can become a distraction if your consciousness is not focused and dedicated to the truth. A great deal of students who seek out gurus are not yet fully committed to their spiritual growth and may be harboring a lot of negative emotions towards self and others. Developing your abilities under these conditions can be dangerous. One can often still see people advertising a psychic technique to seduce women, force your boss to give you a raise, or make a rich relative die quickly so you can inherit a fortune. Even if you are successful in attracting these things, you still must deal with the unresolved issues within your consciousness, and it might be a lot harder if you are preoccupied with satisfying your ego's incessant desires.

Trying to force your will on others is a serious, karma accruing offense that all spiritual students should be careful to avoid. Learning psychokinesis (the ability to move objects with the mind) may have some useful applications, especially in healing, but many can be easily tempted to misuse it and, therefore, it is rarely bestowed by the higher self. The higher self may even intervene and block this ability from being used in certain cases.

Such ability might be allowed for learning certain lessons and then is withdrawn once the lesson is learned. For example, you may experience a miraculous healing or see the power of the mind change things externally in order to help you remember that you are powerful beyond measure, but once you are certain of this power within yourself, it is no longer necessary to demonstrate this ability and may be a distraction on your path.

How to Transcend the Lower Worlds

In this author's numerous workshops, seminars and events, there is a great deal of emphasis on how to remove yourself from the illusions and temptations of the world. There are ways of marking your progress in extracting yourself from the race mind belief systems, most of which are fairly obvious. A naturally evolving soul simply loses interest in activities and experiences

that take him or her off the path or create needless delay.

For example, you might have a habit of going out every Friday and Saturday nights and getting intoxicated while listening to loud music. As you progress along your path, you will likely start limiting your party nights and may prefer music with a higher quality vibration. This is not to say you cannot enjoy yourself, but your happiness stops depending on party nights.

The biggest example of transcending the lower worlds involves relationships with family and friends that are not progressing along the path as quickly as you are. This is the number one topic in personal counseling. Often times it is the wife who has come for a reading and the complaint is that the husband is unable or unwilling to join her on the spiritual path. “He loves me, he provides for me, but he is just not into the things that are important to me,” is a common refrain.

There is no simple answer that applies universally in situations like this, such as “Leave him and find someone with a higher vibration.” While that may sometimes be the best advice, the most important thing is to seek out activities and experiences that promote your soul growth, happiness and well-being, with or without your partner. Some couples can remain happily married while functioning at very different levels of vibrations. Others cannot.

Ultimately, your own soul knows what is best for you. It may have attracted your current (or past) partner in order for you to learn specific soul lessons and once those lessons are learned, the two of you feel an urge to separate in order to have different experiences that require alone time or another partner.

In every area of your life, it is important to ask to be guided to make those decisions that are for the highest benefit of yourself and others. You learn very quickly along the path that you cannot force others to change (notwithstanding our discussion of psychic manipulation in the previous section).

In rare cases, loved ones may try to force you to get off your path because they are afraid of losing you or because they have a desperate “need” to control those they “love.” This author gets a significant number of clients who complain of relatives or loved ones using “black magic” to try and force them to move in a certain direction with their lives, or just to make their lives miserable out of jealousy and/or revenge for perceived slights.

It is important to know that no black magic, voodoo, spells or any form of psychic manipulation can overpower you unless you believe it can. If you are feeling attacked astrally or on some other level, immediately go within and find the negative emotions and belief systems within yourself that are allowing this attack to affect you negatively.

This writer offers a series of exercises in some of his workshops, called “Energy Dynamics.” These are techniques designed to keep you functioning at a high level of vibration when you are around negative people (especially family members or people at your work or business). Mastering energy dynamics can assist you in repelling attacks, or letting them pass right through you without any effect at all, depending on what is the best response for your well-being.

In addition to Energy Dynamics, there are techniques for expanding and contracting your aura. You may, for example, feel a need to contract your aura if you are in a public place with a lot of people, such as an auditorium, concert or sporting event, or when waiting in a train station, etc. You may have a need to “wash” yourself psychically after attending an event or being around crowds of people.

An essential step in transcending the lower worlds is to end judgment, totally and completely, toward yourself and others. Judgment will keep you stuck in a rut, spinning your wheels, year after year, until you let it go. Judgment always involves the ego, and causes further separation and pain, although this might not be immediately apparent.

If you feel superior or inferior to anyone, that is a sure sign that the ego is in control and that you are subject to the miseries of judgment. The best technique for releasing judgment is to first see it being extracted from your being by your higher self and then place it in a golden ball of light in front of you. Remove all associated thoughts and belief systems from your mind and body and place them in the ball, then send the ball into the heavens to be dissolved in God's golden, radiant, loving light. Learn to catch judgment the minute it rears its ugly head. You can do this. Yes, it requires attention and focus, but you will soon recognize judgment immediately the moment it arises so you can move it out of your being. There is no time when it is appropriate to keep judgment within you. It is not, and will never be, beneficial to your soul growth.

Do not confuse judgment with discernment. Discernment is the ability to see which choices are most beneficial to you and others. There are never any negative emotions when discernment is present, except perhaps for the feeling of tiredness or low energy if a decision is not right for you.

The other "demon" you must get rid of is guilt and its close cousin, shame. This is not to be confused with conscience, which is an inherent sense of what is right or wrong for you and others. With guilt, there are feelings of unworthiness and sometimes self-hatred. Forgiveness is always the answer. Forgive yourself and others every day until all shreds of guilt are completely gone. Visualize placing guilt in a golden ball of light and sending it up into the heavens to be dissolved. As suggested earlier, learn to be able to look at yourself in a mirror and say, "I love you," without feeling uncomfortable. Become aware of any reactions within you when you do this.

As you raise your vibration, you will have less and less in common with the world around you. The people on Earth have an average vibration in mid to upper third density. Less than 25% have reached a consciousness vibration of fourth density. You will naturally feel drawn to others with a similar vibration to your own. Therefore, you will likely lose interest in spending time with lower vibrational friends and family. At some point, it might seem as though you live in different worlds and in a sense, this is true.

The Biblical separating of the "wheat from the chaff" refers to this process. It does not mean to judge those of a lower vibration as being "less than" you. That is something the ego might do when it is locked into judgment. Every soul on Earth is equally precious in the eyes of God. However, the Bible also says, "Do not cast your pearls before swine," which means, do not compromise yourself by lowering your vibration to match that of others. This doesn't mean you should avoid communicating with them (unless you feel a strong need to pull away). It just means do not identify with them. Do not get entangled in the dramas and traumas of others. Learn to remain detached, but compassionate.

It is nearly impossible to transcend the world unless there is something more desirable with which to replace it. In other words, you need to draw into yourself the higher vibrations of a loving, compassionate dimension (the fifth and higher). Visualizing higher dimensions, listening to higher vibrational music, meditating, chanting, studying the masters, both physical and otherwise, attending meditation, yoga, spiritual workshops, etc., are all essential steps on the path at some point in your journey.

At certain stages, you might spend time with a guru, sage, mystic or spiritual teacher. At other stages of your journey, you might need to separate from outer teachers and rely more on your own inner teacher.

The goal is to love the world and send it compassion, but be minimally affected by it. This is

not easy, but is the advice given by Jesus: “Be in the world, but not of the world.” The only way you can truly be free of the world, yet live within it and relate to those who are caught in it, is to heal your own negative emotions, thoughts and beliefs, and let go of judgment and guilt. Be gentle with yourself as you go through your purification, cleansing and letting go of old issues. They are usually not easy to heal. You may have several layers of stuff before you finally begin to feel free. Remember not to judge yourself because you keep having relapses into old behaviors. Just vow that next time you will catch yourself more quickly when you start to fall.

Techniques for Ascension

As stated earlier in this part of the book, there are two forms of ascension: spiritual ascension, where you leave the body behind while ascending into higher dimensions of awareness, and physical ascension, where you take the body with you into the higher dimensions. In addition, the term “ascension” is widely used to mean expansion of consciousness, or a desire to grow and evolve. Regardless of which definition you use, the techniques described herein are designed to help you move forward on the path of ascension.

We have already discussed various ways to raise your vibration and to keep it up when around negative people. In this section, we are primarily concerned with specific techniques for assisting your own natural process of ascension, in this case using the technical definition of going from fourth density into fifth.

The number one ascension technique is breathing. Various forms of breathing, including pranayamas, rebirthing, primal therapy, holotropic breathwork, breath of fire, kundalini meditation and Kriya yoga, all make contributions to your well-being and ascension if used properly. Some of these techniques, such as Kriya, can be abused or over-used, so we suggest you proceed with caution and do not overdo it.

“What you focus on, you become,” is one of our favorite statements. If you focus on ascension, you attract the necessary tools and environments for ascension to take place. At first, you might need to purify and cleanse old outdated belief systems and go through emotional healing. It might be necessary to overcome addictions, perhaps to “comfort” foods, drink, etc.

A certain amount of trial and error may seem to be involved when creating a regimen for ascension. Some things you eat, drink or do, such as various exercises, may contribute to ascension and some may not. If you are eating reasonably well, getting enough rest, and minimizing medications and recreational drugs, then your body is your best indicator of what works and does not work for you. It tells the truth. If you feel tired, lethargic, depressed, nervous or uncomfortable, your body is telling you to change something you are thinking, feeling or doing. You are out of balance in some way. Your task is to seek out those activities and experiences that bring clear, calm, energetic feelings in the body. High energy in the body is not necessarily a good thing, especially if it is a nervous, hyperactive type of energy. If you cannot sleep at night and are always restless, you may be taking in more energy than you are releasing or expending. This could mean it is time to change your exercise regimen or confront something in your diet. It could also mean a repressed fear is coming up to be dealt with. Listen to your body. It will tell you where you are out of balance. Sometimes the answers are obvious, such as cutting down on excessive sweets during the holidays. Other times the problems are more subtle, such as having unresolved feelings about an old relationship that result in unexplained weight gain.

Remember that all ascension symptoms involve forms of resistance to the higher frequencies

that are coming into your body, emotions and mind. If you are feeling a lot of strange sensations in your body, you are not feeling the increased energy of ascension, you are feeling the resistance. Lowering your resistance to things in life is the key. Ask yourself every day, “What am I resisting?”

The corollary to this is to ask, “How can I be more loving and accepting of myself just the way I am?”

This author meets a lot of people that are pushing themselves to ascend, trying too hard to move forward, not because of enthusiasm (which is rarely a problem), but because they cannot stand their lives the way they are now.

In order to move forward, you must first accept where you are now. This may seem obvious, but a lot of souls have not fully accepted the here and now before they begin their conscious path of ascension.

We have heard the expression, “I cannot wait to get out of this hell-hole called Earth.”

Perhaps there is a reason you are here on this “hell-hole.” Maybe you volunteered to come and make it something nobler than a “hell-hole.” By fighting and resisting the “hell-hole” you reinforce it. Instead, simply acknowledge that Earth is a place where a great deal of misery and suffering takes place, and then resolve to do something about it, not by fighting and resisting it, but by learning the root causes of misery and suffering. If you do not fully understand something, it is very difficult to overcome it. Learn why people do the things they do on Earth. Do not be satisfied with surface motivations, but look for the deeper issues.

In this channel’s books, he goes into great detail on Original Cause and the reasons for the suffering on Earth. On your path of ascension, learn how to come to peace with the way things are here before you spend a lot of time and energy trying to force yourself to grow faster than your soul wants.

Of course, the opposite problem occurs among the vast majority of those who are still asleep. Despite the obvious problems in their lives, they continue to think things will change even if they do not change. According to one psychologist, insanity is doing the same things over and over again and expecting different results. Learn to recognize when you have become locked into an old pattern of behavior or thinking. Be completely honest. For example, “I am still acting out the hurt feelings during my divorce every time I meet a potential partner.”

As you become more and more present with yourself, you will reduce your resistance to the energies of ascension and can focus more on bringing the higher frequencies down into your body. Then your yoga practice will be more effective and you will feel light and clear, without the ascension symptoms.

Another important concept here is that physical bodies do not like sudden change. The body is the last part of you to embrace ascension. Be patient and gentle with it. Do not force it to grow too fast or expect it to instantly overcome old patterns. While it is possible for instant healing to occur, it is rarely the best way. For example, to straighten your spine might require numerous sessions of yoga and physical therapy, as well as visualization techniques. Even chiropractic adjustments can be appropriate sometimes, but you do not want to become dependent on them.

Get multiple opinions when going to healers. If you don’t get the results you want from one healer, explore other options, but make sure you are really doing the work and following through. This channel gets a number of clients who do not follow through with the advice given and then complain that their lives are not moving forward. Make an honest effort with each technique or regimen and if a particular path is clearly not working, let go of it gracefully and move on.

Most of the time, balance is the key. Extremes of diet and exercise rarely work and if they do, it is only for a short time. This means do not be too rigid. Not everyone is ready for a raw vegan diet. Do not force yourself to eat raw vegan if it does not feel right for you. Be flexible and willing to adjust and change with the seasons and your locale.

Eating tropical fruit in the tropics makes sense. As much as possible, find local sources for not just food, but everything you seem to require. Tune in to your environment and respond, rather than react to it. Use your environment to nurture and sustain you, rather than viewing it as something to be overcome. Even a harsh city environment has some positive qualities.

In previous books, details on the mechanics of ascension were covered, along with what to expect as you ascend, so we will be brief in this department.

As discussed in the previous section, you will become more and more psychologically invisible to those of lower vibration as you ascend. It is as though they live in a different world, and in a sense they do. Eventually, your body will adjust to the changing frequencies and you will find a new type of flexibility that you didn't have before. You will be able to go into different environments with little or no adjustment period. You will be able to transmute negative energies by infusing them with higher vibrational light. There will no longer be a sense that you are fighting against the darkness. Instead, you will be coming from the center of your being and shining your light outward in all directions.

As you ascend, you identify more and more with your higher self. You become your higher self. You radiate from the wisdom of your higher self. You are a big picture person. You do not get bogged down in the details, but you attend to the details. They are important, but not too important.

You learn to see the Divine in everyone and everything — not just as an idea or concept, but as an energetic reality. You truly feel one with everything in creation. Every encounter is one with the Divine. Imagine that every guest in your home is Jesus, or every business associate is Buddha. You treat each other as if this were the case, not just because it is a good thing to do, but because that is your natural response as you enter a state of ascended consciousness.

Conclusion

The solutions presented in this part of the book are far from complete. However, they give you some step-by-step processes you can use every time you feel you are slipping back into darkness. Eventually, you will no longer step back and will be free forever from the amnesia and unconsciousness that have plagued Earth for millennia.

In closing, we hope the information in this book has been helpful in understanding the bigger picture of what has taken place and is now taking place on Earth.

We realize that in this book, there has been a lot of jumping around between inner spiritual truths and outer manifestations, yet it is vital to see the Oneness in all things, especially between the inner and outer realities. It is our hope that you will grow and evolve into a new type of human that will inherit a new Earth full of beauty, prosperity and enlightenment. The future is yours and mine. Let's create a wonderful world together.

APPENDIX A — Description of Spirit Guides that Work with This Author

Sal's Higher Self

While not technically a spirit guide, about 98% of the information in this book comes through the higher self of Sal. Everything here is a collaborative effort between Sal's higher self and the following spirit guides. Higher self is a composite term that means the six higher levels of the soul (soul, oversoul, monad, Christic/Buddhic Self, individual God Self and universal God Self). These levels have direct access to the universal mind of God, as well as the knowledge and wisdom base of countless beings throughout the universe. The main repository for this information is the Akashic records. Sal's higher self frequently retrieves information from the Akashic and translates it into Earthly languages.

Sal's Twin Flame, Leah

Leah is a sixth density being who resides most of the time in the etheric realms of Venus. She is not really from Venus, as none of us are really from any particular realm, since we occupy all the realms continuously. However, the upper regions of Venus are a convenient place from which to observe and work with Earth. Leah has a sixth density causal light body, which still appears humanoid, but has light streaming forth from all parts. She has gold hair, green eyes, and a tall and slender body. She usually appears in white or golden robes. She is Sal's primary spirit guide, but also works with over 100 other souls on Earth as a teacher, healer and counselor. Her specialty is relationships and she facilitates some of the segments of workshops that are devoted to the subject of relationships. Leah's main purpose in assisting with this book is simply to hold the space and keep the energy flowing in the channel's body and mind.

The Arcturians

The Arcturians are a group of approximately six beings vibrating at seventh density, who come from the star system Arcturus. They are part of what they call a "group soul complex." This means that although they are still individuals, they work together and form a "group mind" that is more powerful than the sum of their individual minds. This is not the same as a "hive mentality" or colony, which absorbs individuality. It is a much more advanced form of communication that preserves the integrity of individual souls, yet offers a deep bonding experience that is far deeper than the closest family on Earth.

These six Arcturians (sometimes five or seven) appear as large blue beings of pure light, but in humanoid form. They radiate light and love continuously and have as their purpose, the enlightenment of humanity. They have no past karma with Earth and are simply here to assist in any way they can. This group soul complex is tasked with helping balance the electromagnetic grid system of planet Earth, thereby limiting the severity of earthquakes, volcanoes and electromagnetic fluctuations. They are scientists in the true sense of the word and their messages through this channel are often scientific in nature. They are also higher-dimensional medical experts and assist with the healing of human bodies, emotions and minds. They have contributed some of the more technical information found in this book.

The Founders

The Founders are the primary helpers in the writing of this book and have contributed, in collaboration with the channel's higher self, the majority of the information contained herein. The Founders are from 12th density, the highest level of individual vibration possible in this universe. They are often known as Creator Gods by some channels. They have never been humanoid, and appear as brilliant blue-white lights, similar to the seven sisters in the Pleiades system. The Founders are DNA experts and were involved in the engineering of the humanoid form hundreds of millions of years ago. Their primary purpose in assisting with this work is to offer their insights and wisdom regarding soul growth and evolution, as well as Earth changes. Even though they are all-wise and all-loving, they cannot predict with 100% accuracy every detail of what is taking place on Earth, due to human free will. However, they have a broad, big picture view that is highly valuable in helping us unlock and fit together the pieces of the cosmic puzzle.

Lord Sananda

Lord Sananda is the oversoul of Jesus, and has incarnated a few times on Earth over the last 10 million years, although his lifetime as Jesus is the most significant and well-known. He is the leader of an organization of over 1,000 star systems, called "Galactic Federation," or "Galactic Confederation." In this channel's books, we prefer the term "Confederation" because it more accurately represents the diverse, wide-ranging members from varying levels and dimensions (5th through 9th).

Sananda brings unconditional love and acceptance into this material and also heads a mystery school facilitated by this channel (the Sananda Mystery School). Anyone who sincerely wants to grow and evolve, and is willing to be a bit disciplined in such efforts, can be a part of the mystery school. Over the past ten years, hundreds of souls have joined this school for varying periods of time and have participated in lessons, often weekly, that pertain to subjects such as ascension, psychic development, taming the ego and more.

The Goddess Isis

Isis is an 8th density being from the Sirian High Council (located in the Sirius A star system). One of her less-glorious lifetimes is well documented in Egyptian history. There were actually two time periods before and during the reign of the Pharaohs where Isis interacted with humanity. In one lifetime, she incarnated as a normal human being and was involved in the families and bloodlines of the Pharaohs. In another period, she was an extraterrestrial who landed on the Earth and taught through the mystery schools. Both versions are depicted in the writings of the Egyptians, making it somewhat confusing to historians who simply saw Isis as one of the many Egyptian gods that interacted and interbred with humankind. In earlier incarnations and extraterrestrial visitations, Isis kept a higher degree of integrity and vibration, and founded the Temple of Isis (long before the times depicted on the current temples located in central and southern Egypt). About 9,000 years ago, she founded the original Temple of Isis and taught ascension techniques, among other things. Her teachings were later corrupted by the Sirians, who essentially invaded Egypt and interbred with the mostly Pleiadean, and somewhat Orion, souls who were living there. She has worked with Thoth, the founder of ancient Egypt, who commissioned the building of the Great Pyramid utilizing sound levitation techniques, assisted

by Pleiadeans in spacecraft.

Thoth

Thoth is mistakenly ascribed with the head of a bird in Egyptian writings, but this is because of distortions in the legends and myths. By the time Thoth's image was inscribed on walls about 5,000 years ago, nearly 7,000 years had passed since his incarnations and extraterrestrial visitations on Earth. The legends were passed down from generation to generation, and the bird head was actually depicting a human being whose head shape resembled that of the ibis, a common bird with a curved beak. The humans with ibis-shaped heads were a hybrid of Pleiadeans and Orion/Draco bloodlines.

Thoth is primarily Pleiadean and resides in the seventh density. He was a great teacher in Atlantis and helped bring souls from Atlantis to ancient Egypt about 12,500 years ago. There is much confusion about the time of the destruction of Atlantis. Most historians put the destruction at around 12,500 years ago, but our information suggests it was approximately 25,000 years ago and that the survivors of Atlantis went elsewhere due to an ice age (and other factors) before settling in Egypt around the year 10,500 BC. Thoth began the first mystery school in Egypt, teaching about ascension and how to overcome the realms of duality. His Emerald Tablets have survived to this day and are being guarded in a vault at a secret location. The soul who discovered the tablets was given very specific information on what to do with them to preserve them and make them available to humankind. They consist of 12 chapters, or lessons, which have been translated into modern languages, and depict Thoth's progress as a soul through various initiations. Thoth is one of the primary teachers of this channel and has worked with him in numerous past lifetimes.

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